

Police Laud Chinatown Crime Watch

By Adam Smith

Boston Police said at the June 1 Chinatown Safety Committee meeting that the neighborhood crime watch appears to be helping to lower crime in the area. "I think the crime watch is working," said police captain Bernard O'Rourke, whose district includes Chinatown.

O'Rourke said the number of reported crimes was lower in May than April. "We have not had a (successful) robbery of an Asian female... since April 9," he said. One wallet-snatching of an Asian female occurred, he said, but the suspect was quickly caught with the help of a witness and police. Chinatown only experienced

five robberies in May, and three of those resulted in arrests, police said. Police sergeant Tom Lema said of the crime



Crime Watch leader Michael Wong

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Students of the Boston Latin School strutted on stage in front of hundreds of families and students in an Asian fashion show that was part of the school's Asian Night 2005 on May 27.

Photo by A.T.N.

Safety Committee “Moot” on Slipper Move

By Adam Smith

Chinatown Safety Committee leader Bill Moy asked the committee at its June 1 meeting to avoid supporting or rejecting the Glass Slipper's plans to move to the other side of La Grange street. The committee agreed.

Moy said he doubted the committee could prevent the strip club, which is threatened by a proposed eminent domain taking, from transferring its alcohol and entertainment licenses from 15 La Grange St. to 20 La Grange St. because the



size of the new building and type of new operation are very similar. The committee has no binding power but can speak in favor of or against the transfer or issuance of licenses.

"The Glass Slipper has the right to relocate within the Adult Entertainment District

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Residents Decide Chinatown's Agenda

By Adam Smith

About 70 Chinatown and other Boston residents met on June 1 to decide what they want from city council and mayoral candidates.

The gathering, led by the Chinatown Resident Association and the Chinese Progressive Association, sought to identify policy priorities for the local Chinese community. The associations said once the priorities are identified, candidates can be measured against them.

"We need to try to figure out how to influence the city offi-

cials," said Chinatown resident Marie Moy, "because this is our neighborhood."

Chinatown residents at the meeting categorized policies and goals they felt were most immediate and important to the community, such as increasing the number of bilingual 911 operators and police officers, recalculating the income guidelines for affordable housing to better reflect Boston incomes, rezoning the adult entertainment district, which borders Chinatown, and increasing the number of trained, bilingual poll workers and ballots.

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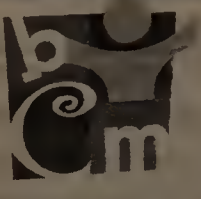
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4th ANNUAL CHINESE NEW YEARS DANCE, MEI WAH GIRLS CLUB, JAN 25, 1947

How Many People In this Photo Can You Name?

The above photo of the Fourth Annual Chinese New Year's Dance of the Mei Wah Girls Club in 1947 was brought to the Sampan from Bob Don, an MBTA police officer. The Sampan invites readers to identify anyone they recognize in the photo. Tell us the person's name and location in the photo. Send us the information by e-mail, englisheditor@aaca-boston.org, or as a written letter to Sampan, 200 Tremont St., Boston, MA, 02116.



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Big Asian Events in Boston in June

Asian Pacific Islander Heritage month just ended, but Boston is still celebrating.

At least three major events will take place this month in the Hub, starting tomorrow.

On Saturday, June 4, 9 a.m. to 5 p.m., Chinatown Main Street will hold the second annual "A Taste of Asia" event at Beach and Hudson Streets. The celebration of Asian foods will include a lion dance and other traditional dances, live music, kung fu performances, Chinese calligraphy and more.

On June 7, the political-minded will get to hear from Asian American office holders and candidates, such as Ramesh Advani, a Norfolk board of selectman, and Sam Yoon, a candidate for Boston City Council, at "Asian Americans in Politics: A Discussion With Office Holders and Candidates," at Northeastern University's Curry Student Center at 5 p.m.

The event, moderated by UMass Boston's Asian American Studies director Paul Watanabe, will also feature Amy Mah Sangioló, vice president of Newton's board of aldermen, and Greer Tan Swiston, a candidate for Newton's board of aldermen.



Last year's Dragon Boat race.

Starting at noon on June 12, the Charles River will overflow with dragon boats at the 26th Annual Hong Kong Dragon Boat Festival. More than 35 teams will compete in the race, and the surrounding festivities will include Chinese arts and crafts, Beijing opera performances, traditional Japanese drumming, and Asian foods.

All events are free.

-A.S.

SAMPAN

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The Chinese Golden Age Center held its annual banquet on May 25. Left to right: Bing H. Moy, the center's board president; Joyce Williams, the former director of the Boston Commission on Affairs of the Elderly; and Ruth Moy, director of the Chinese Golden Age Center.
Photo by Anita Chang

Glass Slipper FROM PAGE 1

because it is so zoned," said Moy.

Ken Tatarian, a lawyer for the club, asked for the community's support in its relocation efforts, noting that the club's licenses are only valid in Boston.

"This is not a move we sought to make," said Tatarian. A planned 30-story apartment tower called Kensington Place will replace the club and neighboring existing buildings, such as the now-demolished Gaiety Theatre and the building now housing the Vinh Kan

Trading Company. The Boston Redevelopment Authority has proposed that the Glass Slipper be taken by eminent domain and recently confirmed the planned move of the Slipper.

Tatarian said the club is making a "multi-million dollar investment" by rehabilitating its new building, which he said is "substantially deteriorated."

The new four-story brick building is similar in size and height to the club's existing building.

If the licenses are not approved and the Glass Slipper is prevented from

operating in its new building, it will proceed with already-filed lawsuits challenging the eminent domain taking of its current site, said Tatarian.

The safety committee asked mostly technical questions about the move, such as how many are employed at the club and what is its seating capacity. Only one member, who was from the Boston Chinese Evangelical Church, opposed the club's move.

The city licensing board will hold a hearing for the club's alcohol license transfer on June 15, 10 a.m.

Chinatown Decides Policy Goals

FROM PAGE 1

Some residents also wanted candidates to support locating a branch library in Chinatown.

"Why should other places have branch libraries and not us?" said Moy.

Meanwhile, others supported the preservation of

low-income housing.

"Subsidies are expiring and costs are going up," said Lawrence Joe of the Chinese Progressive Association.

And some wanted to see the city better enforce zoning and to follow the guidance of the Chinatown Master Plan.

"Right now, it doesn't seem like developers are following the master plan," said Chong Chow, a Chinatown resident.

In recent years both the Chinese Progressive

Association and the Chinatown Resident Association have worked to increase voter participation and registration in Chinatown.

Trash Notice

Beginning July 1, the City of Boston will begin a new rubbish and recycling contract. Trash pick up in Chinatown will be on Mon., Wed. and Fri. at 7 a.m. Recycling collection will be on Fri. at 7 a.m.

Police: Crime Watch Working

FROM PAGE 1

watch: "maybe that's why you see five robberies instead of nine." He said that when residents and community leaders show they care about safety, criminals will take notice.

The Chinatown Crime Watch started around April and now has a total of 60 volunteers, said its leader, Michael Wong. The volunteers wear blue vests and hats that read "Chinatown Crime Watch" as they observe the neighborhood from 4:30 to 10:30 p.m. Typically, one police detail is hired by the group every night for \$40 per hour, said Wong. The group receives financial support from donations and the Chinese Consolidated Benevolent Association.

"If you compare day one to now, (Chinatown) is totally different," said Wong.



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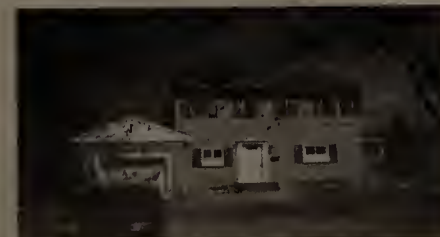
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Lingering Emotions

Members of Local Chinese Community Hold Strong Feelings About China-Japan Flare-Up

By Adam Smith

Following the anti-Japanese protests that flooded Chinese cities in April, some members of the Chinese community in California reacted with protests of their own.

San Francisco talk show host Jay Stone Shih, according to an article in New California Media, received an overwhelming number of phone calls from people angry about the approval of Japanese textbooks that reportedly downplay Japanese atrocities during World War II, such as the Nanking massacre in which Japanese soldiers raped women and savagely killed civilians.

Shih, host of ChinaCrosstalk, received so many calls on the topic that he devoted four shows to it over three weeks. "This has been the most emotional topic for my listeners," said Shih in the May 2 article by Rene P. Ciria-Cruz. (Shih did not return a phone call from the Sampan.)

And the Chinese Consolidated Benevolent Association in Los Angeles posted a large banner outside its building, protesting Japan's so-called "whitewashing" of war crimes committed in WWII and its bid for a seat on the United Nation's Security Council.

But there was very little reaction in Boston.

There were no protests. No banners. No angry callers to Chinese radio stations.

"I don't recall anyone, either the listeners or the people working on the show, ever bringing up the topic," said Betty Yau, who runs the Sunday Chinese radio program "The Boston Chinese Radio Show" in Quincy, a city where some 10,000 Chinese Americans reside.

Yet, it appears that several in the local Chinese community hold strong feelings on the recent flare-up of tensions between China and Japan, even though they don't always openly discuss those feelings. Random interviews with Chinese Americans in the Boston area show that emotions range from strong anti-Japanese sentiments to frustrations with the Japanese government. Despite being well aware of Japanese atrocities committed during the war, few interviewed suspected possible manipulations of the protests by the Chinese government. Many interviewed were also unaware of any apologies from the Japanese government, such as the one made in 1995 by then-prime minister Tomiichi Murayama.

"Most Chinese people have hated the Japanese

since World War II," said T. Wong (not his real name), who studies English in Chinatown. Wong, age 40 and originally from China, held the strongest views of those interviewed.

"The Japanese killed many, many people, and they don't want their children to know the history of World War II," he said. "They need to say sorry to the Chinese."

Wong, who has lived in the U.S. for three years, even said he felt a war could erupt between the two countries in coming years.

His feelings are so strong, he said, that he would "feel uncomfortable" if his child were to date a Japanese person.

"My grandfather witnessed [the war]; he lost his house. So, in my opinion, I hate the Japanese," he said, after also saying that the Japanese "hate" the Chinese.

"I don't think most Japanese people hate the Chinese," said Jessica Wang, who is from China but has lived in the U.S. for two years, and previously lived in Japan for 10 years. Likewise, she doesn't believe that the Chinese hate the Japanese.

Though Wang, who is in her 30s, said she would join a local protest against Japan's approval of controversial textbooks, she has no ill feelings toward Japan or its people. She only wants the country to avoid publishing the texts because she doesn't "want the children to have the wrong education."

"I have many Japanese friends, and we have a good relationship," she said, adding that while she was living and working in Japan she never encountered discrimination for being Chinese. "Most of the people (I met in Japan) said they were sorry (about what Japan did in World War II)," she said. But, Wang said, a minority of people said that Japanese were right in the war.

"The Japanese did something wrong and they don't want to admit that they did something wrong," said Yiyong Feng, age 29, a Chinese who has lived in the U.S. for two years. "But," he said, "I think that the Chinese should not be too emotional because it's better for the relationship of the two countries."

Feng said that many Chinese university students studying in Boston discussed the recent anti-Japan protests, and that he would likely protest - "peacefully" - if there was a local demonstration.

"The Japanese should be protested (because of the textbooks)," said

understands why some Japanese feel Japan's apologies fall on deaf ears and why they're frustrated that Japan's ongoing loans to China - which have amounted to billions of dollars since about 1980 - go unrecognized by many Chinese. But on the other hand, she can understand

"There's no ideology left in the People's Republic of China, so nationalism and chauvinism are the only things that hold them together. I think that's a factor as to why the regime is allowing these feelings to be expressed. They were there, but they weren't expressed openly until recently."

Goldman, who is professor emerita of history at Boston University, also noted that while the Chinese government teaches about Japanese colonialism and aggression during World War II, "they don't teach their own history, about the fact that Mao Zedong's policies, such as the 'Great

Leap Forward,' led to the death of 30 million people (due to famine)."

Textbook Controversy

Speaking about Japan's recent approval of the controversial junior high-school textbook that sparked mass protests in China, Andrew Gordon, professor of Japanese history at Harvard University, said the book is the most "egregious" of the Japanese textbooks. Furthermore, the text is used by "less than one percent" of the schools in Japan, he said. That percentage has also been cited in some news reports, including those in the Observer newspaper in England. Gordon said that in the 1980s and early 1990s, Japanese texts had begun to more accurately portray Japan's role in WWII. But lately, he said, the books are "backing off" from explicitly describing Japan's war crimes, such as rape and sexual slavery. He noted, however, that while the government approves the books, it doesn't tell the textbook companies what to write.

Silent Apologies?

As for Japan's apologies, Gordon said he can't understand why many Chinese appear unaware of them.

"It's extraordinary. If you actually look at the list of official statements by either emperors or prime ministers, going back to the early 1990s, there's a quite impressive list... of very clear statements of apology or regret. And yet, there's very little credit given to that."

Gordon surmised that few know of Japan's apologies because of a combination of factors. One factor, he said, is that the Japanese government is "unskillful" at public relations, and does not effectively publicize the apologies. Another reason, he said, is that the press in countries such as China fail to report the apologies. And most importantly, he said, Japanese leaders sometimes contradict their words by visiting places like the Yasukuni Shrine, which pays tribute to millions of Japan's war dead from 1853 to 1945, and includes 14 war criminals from the Second World War.

Merle Goldman said the latter factor is critical. "A German leader would never go to a shrine for Nazi soldiers," she said.

Because Yasukuni honors millions of war dead as well as the war criminals, "Japanese political leaders are between a rock and a hard place," said Gordon. Some Japanese, he said, view visiting the shrine as a way of commemorating Japan's fallen troops and not necessarily the war criminals. But, he said, the prime minister is "naïve" to think he can visit the shrine without upsetting Chinese.

Peter Grilli, president of the Japan Society of Boston, holds a similar view.

"The prime minister of Japan doesn't go to the Yasukuni shrine merely to provoke China, even though he knows that it will. He does it because members of his political factions on the right - the nationalist politicians - demand that he do it," said Grilli. While Grilli feels that Japan "hasn't really adequately owned up to its past in early 20th century," he also feels that "China is very willing and ready to use that as a tool to beat up on Japan."

According to reports in the Japanese media, the visits to the shrine by officials are also a controversy in Japan. A recent poll by the Japanese newspaper Asahi Shimbun found that most Japanese feel that Prime Minister Junichiro Koizumi should stop visiting the shrine, showing that diverse views on the matter exist in Japan.

"A lot of people in America think that all Japanese stand by this right-wing perspective that Japan did no wrong in the war and that China has no right to be angry, which is completely untrue. Most of my Japanese friends are very sympathetic to the Chinese position and feel that Japan really has to make a stronger statement of apology for war crimes."



A banner posted outside the Chinese Consolidated Benevolent Association in Los Angeles that protests Japan's so-called "whitewashing" of war crimes committed in WWII and its bid for a seat on the United Nation's Security Council.

Photo by Anita Chang

activist Chung-Chi Che, age 57.

"They just don't recognize their aggression during the Second World War," said Che, who was born in Macau and grew up in Hong Kong. Che, who emigrated to the U.S. in the 1980s, said he would

why Chinese are frustrated by the textbooks that fail to teach Japanese students an accurate account of Japan's war history.

But, she said, she feels the tensions are more important to Chinese immigrants and older Chinese, than to American-

"I think for people whose ancestry is Chinese or Japanese, and they grew up in the States, they feel it's time to move on."

SUE LEE, 29, WHO WAS BORN IN AMERICA TO CHINESE IMMIGRANTS

join a local protest if one took place.

But, he said, he feels China had hidden motivations when it allowed the anti-Japanese protests to take place.

"The Chinese government is so scared of losing control, because they are communist and have a dictatorship (form of government)." Che called the recent protests in China "a distraction" on the part of the Chinese government. "Today, the Chinese government's history is mostly lies. They lie to the people in China."

"Both the Japanese government, and today's Chinese government, should recognize their histories, to recognize what they did right and what they did wrong," he said.

American-born Chinese who were interviewed appeared to hold a distinctly different view than their immigrant parents.

Sue Lee, age 29, who was born in the U.S. to Chinese immigrants, said she takes a "U.S. stance" on the issue. She said she

born Chinese.

"I think for people whose ancestry is Chinese or Japanese, and they grew up in the States, they feel it's time to move on," said Lee.

What the Experts Think

Several China and Japan experts agree that while Japan could better recognize its war past, Chinese leaders are likely manipulating that past for its own political gain.

When asked why many Chinese still feel so strongly about the brutal Japanese invasion of China over 60 years ago, Merle Goldman of the Fairbank Center for East Asian Research at Harvard replied that the grandparents of many Chinese suffered from the invasion and "their families talk about it."

"But," she said, "this anti-Japanese feeling is a recent phenomenon... I think the regime is using it to hold the country together."

"Opposite" Good for Tan Fans, Slow Read for Everyone Else

By Yuet Ng

Amy Tan entered the literary hearts of many with her first book, "The Joy Luck Club." Now she is trying out her writing chops in an entirely different genre, non-fiction, with her new book, "The Opposite of Fate: Memories of a Writing Life."

The book is a collection of stories chronicling her childhood to adult life, interspersed with e-mails she had written, journal entries, essays on various topics that had been previously published in various magazines, and speeches she had given.

The anecdotes give a rare glimpse into her private life and thoughts. The most poignant and touching are those about her mother and grandmother, which are reminiscent of her first two books, "The Joy Luck Club" and

"The Kitchen God's Wife." In fact, as she reveals in "The Opposite of Fate," some of the characters' stories are based on her mother's and grandmother's real-life experiences.

Tan takes this opportunity to dispel any erroneous notions about her books, including the symbolism and themes other critics have excavated from her novels. She also sets the record straight on certain myths about her life circulating as facts, injecting some dry humor while she's at it. For example, she has never won the many literary awards she has been credited for having earned, like the Pulitzer. Even the CliffsNotes version of "The Joy Luck Club" is not completely accurate, so students beware.

Tan is able to draw the reader in when providing intimate looks into her life, visually highlighted with

occasional black and white photos from her family album. The most memorable anecdotes include altercations between Tan and her mother, Daisy. When she reveals her neuroses and the drama that was her relationship with her mother, she is at her most provocative. However, when she deviates from what she does best, writing about what many of us can relate to (the heartaches and conflicts we face with those we love), her book misses the mark.

I found myself skimming through some of her stories (the one about her stay in a cabin was a disappointment), hoping to get more of the intimate portrayals of her life. Reading her book was like riding a wave: my interest in the book rode high when she wrote about the death of a close friend and roommate, for instance,

only to fall when she rambled on about Vladimir Nabokov. (If you're thinking, "who?" you're not alone. He is best known for authoring "Lolita," a book about a grown man who falls in love with a 12-year-old girl.)

Tan tried to pull all the miscellaneous stories and essays together into some manageable order by grouping them into seven descriptively themed sections (for example, "Changing the Past" and "American Circumstances and Chinese Character"). She devoted a chapter for each story or essay and introduced each section with excerpts from three of her earlier books, "The Joy Luck Club," "The Kitchen God's Wife," and "The Bonesetter's Daughter."

The resulting effect, however, was less than cohesive. The overlap of details in several stories contributed to the lack of

fluidity from one piece to the next. For example, Tan writes a number of times about how her mother moved the family to live in Switzerland in several different pieces. The overlap may not have been noticeable when she had her essays published in different magazines but, gathered in one book, the repetition reads like a broken record. She could have done a little bit with editing so that the reader wouldn't be hit over the head again and again with the same information.

Regardless of the repetition, Tan does exert much effort into her writing. Her prose is lyrical, almost poetic. She is quite artistic with words, painting colorful imagery for her readers. "I write because I have been in love with words since I was a child," she explains, and it shows.

The die-hard Amy Tan fan will likely love this

book. Fans will get insight into Tan's life and her usual themes of mother-daughter relationships and Chinese culture, while encountering new themes like fate, faith, and mortality. Readers will be treated to stories told in an honest, candid voice. Just don't expect to be entertained with every turn of the page. A couple of her essays and speeches did little to spike my interest. The feel of this book is decidedly more educated with the liberal use of SAT-worthy words, and becomes philosophical at times. Though Tan has done a solid job with her first foray into the nonfiction genre, it did not draw me wholeheartedly in from start to finish the way her first two books did.

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Q. I'll be eating with my new neighbors, who are from Vietnam, and their relatives. Any basic etiquette rules you can give me?

A. Yes — and these guidelines apply to Asians in general.

Make sure your hosts are served first, starting with the oldest one. The oldest ones should start eating, too, before you do. If you're able and feel comfortable doing so, serve the hosts yourselves or at least offer to do so. The Culture Connector™ says "if

you're able" because forks and spoons might not be available with the entrees; don't embarrass yourself if you're only comfortable using "American" serving utensils. Secondly, if it's a large group or if there are many elders, it might not be practical to serve — or even try to serve — everyone.

As you see people's tea or beverage get low, especially any elders', refill their drinks or offer to do so — unless the table is too large or there are too many people. Again, don't embarrass yourself, and don't go overboard by trying to fill every darn drink that starts to go empty.

Eat slowly. If anyone offers you more to eat, decline the offer. Do not accept until after you've been asked a second — or even a third — time. If you're offered something to eat that you don't like, just

politely decline; do not say that you don't like whatever the dish is.

If your hosts have children, don't be alarmed if the adults seem to be ignoring them. In social situations

with adults, children are often meant to be seen and not heard. It's not unusual for them to go unfed or fed meagerly while the adults are socializing.

Got a question for the Culture Connector? Send it to her at CultureConnector@yahoo.com.

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DANCE

Dance Revelasian
Dance Revelasian Expo (Ultimate Chinese Dance Performance!)
Sat., June 18, 7:30 p.m.
ticket@DanceRevelasian.com
(508) 839-3578
\$15/ticket
at: Regis College, Weston, Mass.

EXHIBITIONS

Fogg Art Museum,

Cambridge
"Persian, Turkish, and Indian Drawings"
To June 12
www.artmuseums.harvard.edu/fogg
(617) 495-9400
\$6.50 general admission
\$5 seniors and college students
FREE for those under 18
Featuring: 76 drawings that make one of few exhibitions to focus exclusively on South Asia and Middle East from 15th to 18th centuries

Brickbottom Gallery, Somerville
"Collateral Damage: When the Battle's Lost and Won"
May 26 - June 26
www.brickbottomartists.com
(617) 776-3410
Panel discussion: Thu., June 9 at 7:00 p.m.
Curator and artist: Joanna L. Kao

World Batik Conference- Boston 2005

"The Rozome Masters of Japan Exhibition"
June 10 - Sept. 21
Reception: Fri., June 10, 5:30-7:30 p.m.
www.massart.edu/batik
(617) 879-7547
Featuring: the work of 15 of Japan's most preeminent artists in wax-resist or batik, a technique known in Japan as *rozome* at: Massachusetts College of Art

Simmons College
Trustman Gallery, Boston

"Batik: Three Canadian Artists"
To June 11
www.simmons.edu/trustman
(617) 521-2268

Wheelock College Town Art Gallery, Boston
"Batik: The Narrative Voice"
June 7 - 15
www.wheelock.edu/art/arhome.htm
617-879-2219

Cambridge Multicultural Arts Center
"Out of Indonesia: Brahma Tirta Sari Studio Batik"
June 9 - 29 (reception: June 9)
www.cmacusa.org
(617) 577-1400

The Brush Gallery Lowell, Mass.
"Floating Worlds: The Batik Art of Hyang Sook Park"
To June 26
Reception: Sun., June 12, 2-4 p.m.
www.TheBrush.org

Keiko Gallery, Boston
Fine Japanese Handcraft "Contemporary Rozome Artists from Kyoto"
June 9 - 30
Reception: Sat., June 11, 4:30- 6:30 p.m.
www.KeikoGallery.com/Rozome_exh.html
Featuring: 5 of Japan's finest masters of *rozome*, a wax-resist technique for surface design that is an ancient dyeing form known universally as

batik. Includes the work of Miura Kageo, a pioneer of the transformation of *rozome* in contemporary Japan

DISCUSSIONS

Asian American Lawyers Assn. of Mass.
Asian American Center at Northeastern Univ.

"Asian Americans in Politics: A Discussion with Officeholders and Candidates"
Tue., June 7, 5:30 p.m. (5 pm. reception)
(617) 373-5554
RSVP to: Tinaryoko@yahoo.com or A.Shen@neu.edu
at: Northeastern Univ. Curry Student Center with: Paul Watanabe, Institute for Asian American Studies, UMass-Boston
Opening remarks by Michael Dukakis

Contact organizers directly - to confirm dates, times, prices and locations. The Sampan is not responsible for schedule changes.

E-mail listings to SAMPANnews@yahoo.com. Please include the phone number for the public, cost, and the organizer and what group the event is for. For congratulations, please include a brief description of the award, promotion or accomplishment; the organization giving it; when it was given; and your name and contact information. For persons under 18, the parent's or legal guardian's name and contact information must be included, too

Bunker Hill Community College

www.bhcc.mass.edu

The College

Bunker Hill Community College is a multi-campus urban community college. Its main campus is located in Boston's Charlestown neighborhood with a second campus in Chelsea. Five satellite campus locations in Cambridge, Chinatown, Revere, Somerville and the South End offer additional access to residents of these communities.

BHCC is one of the most diverse and cosmopolitan colleges in New England with 60 percent students of color and an international population from 88 countries. BHCC offers extensive curricula encompassing 67 degree and certificate programs and workforce development education. This semester over 7800 credit students are enrolled in day, evening, weekend and distance learning courses.

EDP SYSTEMS ANALYST IV

Information Services

General Statement of Duties:

Assist in the maintenance of the network infrastructure of BHCC. Create, disable and remove user accounts. Perform backups and verification of backups along with disaster recovery readiness. Use testing equipment and protocol analyzers to assess network congestion and make recommendations. Install Solaris and Windows Operating Systems and necessary application software. Perform diagnostics, make configuration recommendations and changes on core-level devices such as switches, firewalls and routers.

Required Qualifications:

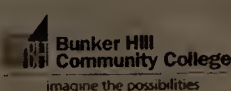
- Five years of full-time, or equivalent part-time relevant professional experience in information technology, of which at least three years must have been in work in which the major duties included computer systems analysis.
- Experience with Microsoft Server products and Solaris operating system.
- Knowledge and use of network monitoring software such as Cisco Works or HP View.
- Ability to work well with a diverse student population.
- Cisco, Microsoft and/or Sun certifications preferred.
- Associate's degree in computer science preferred.

Salary: \$967.00/wk @ \$50,284.00/yr

Closing Date: June 7, 2005

To apply in confidence, candidates should send a resume and a letter addressing the qualifications of the position, and a copy of transcripts (unofficial is acceptable), to: Molly B. Ambrose, Director of Human Resources and Labor Relations, Bunker Hill Community College, 250 New Rutherford Avenue, Boston, MA 02129-2925; E-mail: bhccresumes@bhcc.mass.edu; Fax: (617) 228-3328.

Bunker Hill Community College is an Affirmative Action/Equal Opportunity Employer. Women, people of color, persons with disabilities and others are strongly encouraged to apply.



Wheelchair Accessible Apartments Available for Occupancy, Summer, 2005

The Boston Housing Authority is currently accepting applications for wheelchair accessible apartments of all bedroom sizes. The BHA is building brand new, fully accessible apartments, with new appliances in neighborhoods throughout the City of Boston. Some units will have roll-in showers and on-site parking. Applicants may apply for any location(s) they choose.

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- Dorchester
- South End
- Mission Hill/Roxbury



Apartments are available for persons eligible for public housing. For more information on eligibility, go to www.bostonhousing.org. To apply or request a reasonable accommodation, please call 617-988-4200 or 617-988-4549.



HARBOR HEALTH SERVICES

Harbor Health Services, Inc. is a nonprofit community health organization whose mission is to ensure quality comprehensive health care to all clients regardless of ability to pay. We are currently seeking the following professional to join our team:

EXECUTIVE DIRECTOR

Harbor Health Services, Inc. is seeking an Executive Director for the Geiger Gibson Community Health Center. As the nation's first Community Health Center, Geiger Gibson serves a diverse population of clients in Dorchester and the surrounding neighborhoods. The Executive Director reports to the Chief Executive Officer and is responsible for: management; clinical, financial and support operations of the Center as well as the Columbia Point Infant Toddler Day Care Center and the Harbor Family Health Center. Duties include supervising and supporting the Site Medical Director; recruiting, developing and supervising Center staff; insuring quality of services; developing/ managing the Center budget; working w/CEO to develop strategic plans for Corporate & Center levels; and developing and managing external business relations.

Qualifications: Master's Degree in a related field, five years of experience in a leadership role managing/directing the operation of a Health or Human Services Organization, direct experience in program development, personnel management and supervision and fiscal management, experience in a Public Health setting preferred.



Interested candidates, please forward your resume to:
Harbor Health Services, Inc.,
398 Neponset Ave., Dorchester, MA 02122,
Attn: Human Resources; Fax: (617) 282-7928
or email to: jtranford@hhs.us
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Resume and cover letter by June 16, 2005 to:
Town of Brookline, Human Resources - 3rd Floor,
333 Washington Street, Brookline, MA 02445. AA/ADA/EOE

www.townofbrooklinemass.com

TOWN OF BROOKLINE Associate Town Counsel

Seeking a full-time Associate Town Counsel to work under the direction of the Town Counsel and provide legal services to all Town departments, boards, committees, commissions, and officials including conducting civil lawsuits and legal research, participating in all aspects of litigation and all phases of municipal law. Land use and workers' compensation experience a plus. Excellent communication skills and ability to exercise considerable judgment required. Candidate must have a JD and license to practice in MA. Civil litigation and municipal law experience preferred. Membership in the MA Bar required. Salary \$73K-\$86K plus generous benefits.

Resume and cover letter by June 15 to: Town of Brookline, Human Resources - 3rd Fl., 333 Washington Street, Brookline, MA 02445. AA/ADA/EOE

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If interested, send cover letter and resume to the following link: <http://careers.wellesley.edu/wellesley/jobboard/>. Please reference job code SP0605.

Wellesley College is an Equal Opportunity/Affirmative Action institution and employer. Successful candidates must be able to work effectively in a culturally diverse environment. Applications from women, minorities, veterans and candidates with disabilities are encouraged.

Visit our website at www.wellesley.edu/HR/

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RANDOM RESTAURANT REVIEW

Shabu-Zen, A Healthy Dining Delight

By Dennis The

In concurrence with this week's health theme, I thought it would be appropriate to write about one of Chinatown's healthiest options: Shabu-Zen. The restaurant specializes in shabu-shabu, the Japanese hot-pot that is fast becoming one of Chinatown's more popular dishes, so popular in fact that you will find Shabu-Zen bustling even on weekdays. Shabu-Zen is a do-it-yourself, or in this case, cook-it-yourself establishment. All orders come raw and you have to cook with your personal vat of bubbling, plain or flavored broth.

Shabu-Zen is a relatively new restaurant, and this is evident from the modern look and feel of the place. There is a bar with two large flat-screen televisions that are mounted on the wall. In the middle of the restaurant is a large rectangular table that patrons sit around, and many individual tables. You can sit at the large individual tables (although there is a \$60 minimum), sit at the bar (and watch television), or sit at the big rectangular table in the middle of the room and join other patrons.

Shabu-Zen's menu of raw food is very extensive. There are many dif-

ferent kinds of main courses that come with the standard plate of mixed raw vegetables and rice or udon noodles. For beef alone, there are about six different types, ranging from the top-notch "kobe" beef (\$28-\$38) and prime rib (\$18.95), to the cheaper sirloin beef (\$13.95). There is also a plethora of seafood available: jumbo lobster (market price), raw king crab legs (\$22), and my favorite, the seafood platter (\$11.95). For that extra flavor, make your own sauce by mixing soy sauce with fresh garlic and spring onions, crushed red pepper, and a sweet, thick paste that is best described as Asian barbecue sauce. There are also several cold appetizers worth mentioning, such as the squid salad (\$3) and the white tuna sashimi (\$6), which I found to be a pleasant kind of fresh, buttery fish.

What makes this such a healthy option is the manner in which you cook your food. By cooking your meat or seafood in piping hot broth, it eliminates all the oils that are used in frying and sautéing. Essentially the only "unhealthy" part of this meal is the dipping sauce (and over-consuming the beef options).

You might also look for the 'a la carte section of the menu, which is a great (and slightly cheaper) alternative if you want a variety of meats and seafood. Various smoothies are also available.

Shabu-Zen knows that the freshest ingredients make all the difference. Couple that with a simple, healthy and — more importantly tasty — method of preparing food, and it is no wonder that Shabu-Zen is such a big hit. I never knew cooking was such fun.

Shabu-Zen, 16 Tyler St., Boston; (617) 292-8828

**Sunday to Wednesday, 11:30 a.m. to 11 p.m.
Thursday to Saturday, 11:30 a.m. to 12 a.m.**



HARVARD UNIVERSITY



CAREER FORUM 2005

Employment in the Community

Various workshops and employment resources will be provided during the afternoon.

Tuesday, June 14th,
3-7pm

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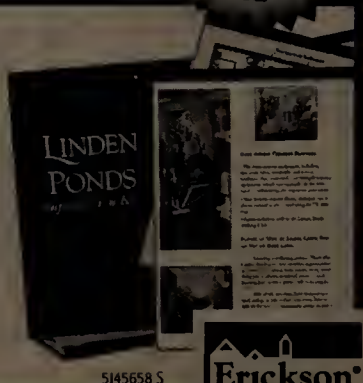
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Health articles funded by the Asian Health Initiative of Tufts-New England Medical Center

How AIDS Affects the Asian Community

By Jacob Smith Yang

The number of AIDS cases among Asian and Pacific Islanders (APIs) is relatively small, as compared to other racial and ethnic populations. But this may not necessarily be as good news as it sounds. As is often the case, there are the numbers, and then there is the more complex story behind the numbers, which do show that HIV/AIDS is a concern for APIs. Unfortunately, just looking at low case counts can lead many-funders, policy makers and our own API community leaders-to conclude that HIV/AIDS does not affect APIs in the United States.

What is the basic data? As of 2002, an estimated 6,924 APIs in the U.S. have been diagnosed with AIDS. Among these individuals, 87% were men and 13 % women. In Massachusetts, according to the Massachusetts Department of Public Health, there are 219 cumulative HIV/AIDS cases as of May 1, 2005. Of these, 79 % were men and 21% were women. Nationally and in Massachusetts, these numbers indicate that APIs comprise only 1% of HIV/AIDS cases, despite APIs being 3.6% of the

national population.

Further analysis of the data is beginning to yield a different picture. Looking at national numbers, from years 2000 to 2003, we have seen an alarming 54% increase in AIDS diagnosis rates among APIs. Also, more than any other community in Massachusetts, API HIV/AIDS cases are among younger people, under the age of 40 (40%). Furthermore, controlling for population size, the Massachusetts data indicate that the AIDS rate for APIs is approximately as high as it is for whites. What is clear is that case numbers alone do not tell the whole story.

Fortunately, Massachusetts Department of Public Health officials have been responsive to the need to report out and further analyze API HIV/AIDS data.

Problems with Numbers

Case counts themselves are also prone to shortcomings. One problem is that HIV/AIDS surveillance undercounts the true number of API cases. Stigma, denial and other barriers, which keep APIs with HIV from learning their HIV status and accessing HIV care result in a significant number of API HIV/AIDS cases that

may not be counted.

Underreporting and misclassification also may hide the true impact of the epidemic on APIs. Researcher Francisco Sy and his associates have studied and documented some of the other problems associated with APIs and AIDS surveillance. Their 1998 paper "Epidemiology of HIV and AIDS Among Asian and Pacific Islander Americans" in the journal AIDS Education and Prevention cite several factors. Underreporting occurs because many APIs have mixed racial and ethnic ancestry. People with these types of backgrounds are often classified under an ethnicity other than API. Many South Asians do not self-identify as API and often are reported in a different category. Many Filipinos have Hispanic surnames and are often misreported or misclassified as Latino. Misclassification can also occur when a person is classified according to her or his country of origin, rather than ethnicity.

Another study conducted by J. Kelly and Associates in the mid-1990s further documented the ethnic misclassification of API AIDS cases. National AIDS rates based

on 1991 AIDS surveillance data for all ethnic groups were recalculated by ethnic categories as self-reported during client interviews from 11 state or local health departments. For APIs, the recalculated AIDS rate was 33% higher than the rate based on AIDS surveillance data (the recalculated AIDS rate was 23% higher for African Americans and for whites the recalculated rates were not significantly higher). The same study also compared the AIDS surveillance report with death certificates from 16 state or local health departments. The study found that 12% of clients identified as API in their death certificates were classified as another race or ethnic group in their AIDS case report. For whites and blacks, the disparity between death certificate data and AIDS case reports was not significant.

Global Connections

International statistics make a compelling argument for U.S. community efforts and resources dedicated to HIV/AIDS education, prevention and care for APIs. Globally, APIs are becoming a large part of the HIV/AIDS epidemic. According to the Joint United Nations

Programme on HIV/AIDS (UNAIDS), at the end of 2004, an estimated 7.1 million people were living with HIV/AIDS in South Asia, Southeast Asia, East Asia, and the Pacific, of 39.4 million people who were living with HIV/AIDS globally. Home to 60% of the world's population, Asia has a growing HIV epidemic that will have huge global implications.

HIV/AIDS in Asia impacts Massachusetts because Boston, Lowell and other cities are key points of entry and settlement for many API immigrants. There is also a high volume of travel and connection to home countries. As the epidemic in Asian countries surges, we may see a corresponding increase in API communities in Massachusetts.

API and Living with HIV

Statistics alone obscure the tremendous impact has on the life of the API individual living with HIV. Local resident, Howard Yee tested positive for HIV four years ago. "Alone, scared, unfamiliar with the world of HIV/AIDS, I thought my life was over," he said. "At the age of 31, I wrote a will and planned for my demise."

Following his diagnosis, Yee attributes his ability to live a healthy, productive life in part to the availability of quality services from local service organizations, including the Boston Living Center, Fenway Community Health Center, JRI Health, and Massachusetts Asian & Pacific Islanders (MAP) for Health.

Howard acknowledges the challenges in addressing HIV among APIs. He points out that cultural taboos shun discussion of sexuality, leaving no possibility for discussion of sexual risks related to HIV within the community. These can also create resistance to hearing safer sex messages, even among APIs at risk.

"Internalizing negative perceptions by family and community can compromise our ability to negotiate safer sex with our partners, which then increases our risk for HIV," states Yee, who coordinates support groups for people living with HIV/AIDS. "I was and am fortunate to have found a true community, where I was not judged."

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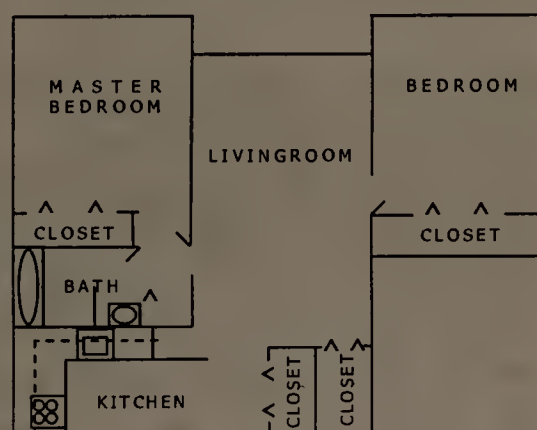
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Combating Childhood Obesity

By Stephen Wong

Childhood obesity and inactivity have become an epidemic. In Massachusetts, an estimated 15% of schoolchildren were known to be overweight in 2000. That percentage has been increasing steadily with no apparent decline in sight.

Who is to blame for this growing problem? Some point to the increased emphasis on preparations for the MCAS exams and budget cuts in the school system, which have led to a decrease in the amount of physical-education time in the schools. Others lay the blame on video game companies, which cause kids to spend hours on end sitting in front of a screen and engrossed in a game instead of playing outside. Another culprit may be food companies that advertise their calorie-laden products during popular TV shows. Is it a coincidence that Coca-Cola is a major sponsor of the TV hit, "American Idol"?

Yet, some critics say parents and families must be held accountable for the problem since the primary caretakers of children usually have the most control over what their children eat and the amount of physical activity that they get.

The debate on who is responsible will continue, but the fact is that the child's environment plays a major role in his or her life. Whether or not the previously mentioned factors all make an influence is different in each case.

Studies from the National Institutes of Health and those underway at the Massachusetts General Hospital and the Joslin Diabetes Clinic indicate that children as young as eight years of age are developing what previously had been regarded as adult-onset diabetes (type 2). Left untreated, these children's diabetes may progress at a faster rate than adults to severe diabetic complications, such as vision loss, high blood pressure and heart disease, and even circulatory disorders that can lead to gangrene and amputation.

All the finger-pointing and harsh criticism has fortunately prompted food corporations to offer healthier versions of their popular products, such as low-sugar cereals. Schools are revamping their cafeteria menus and demanding that their vending-machine suppliers offer healthier options. Some schools are even going as far as banning sodas from their buildings. Funding grants have enabled community health centers and hospi-

tals to collaborate with YMCAs to educate children and families on proper nutrition and to make exercise fun.

What can you do as a parent or guardian of a child who is at risk of being overweight or obese? In my seven years of working with children, I have learned several things that you should keep in mind before trying to get your child off that couch or away from the computer screen.

First and foremost, you must understand that children and adolescents do not think in the same mindset as adults. Obesity must not be treated as a stigma. Studies have shown that obese and overweight children can often be alienated or chastised by their peers at school. Another thing to keep in mind is that even though the child's pediatrician says that your child must exercise more and eat more healthfully, you must not force these things upon the child. Children must have the desire to do things. The more they are forced or told to do something, the more rebellious they will become and the less they will want to perform the tasks. Also, realize that kids are inherently smart. I remember my par-

CONTINUED PAGE 10

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Would you like to Quit Smoking or Using Tobacco?

By Catherine Milch, MD

Are you a smoker? Do you chew tobacco? Would you like to quit? Did you know that over 70 percent of all smokers want to quit or have tried to quit? If you smoke or chew tobacco, there's good news for you. There are now more ways to help you stop the tobacco habit, so read on to learn how.

What's in Cigarettes? Cigarette smoke and chewing tobacco are poisons. Tobacco contains over 4,000 chemicals, at least 60 of which are known to cause cancer. Tobacco also contains nicotine, a chemical that travels through the bloodstream and affects the brain, lungs, heart, and blood vessels and nerves throughout the body. Nicotine is extremely addictive, as addictive as heroin. That is why people who start smoking get hooked, and why people who want to quit find it so difficult.

The Harms of Smoking

If you smoke you will:

- > Die, on average, seven years earlier than if you did not smoke
- > Decrease the ability of your body to provide oxygen to organs and tissues
- > Increase your risk of lung, mouth and throat cancer
- > Increase your risk of emphysema and chronic breathing problems

- > Be more likely to get a heart attack or die suddenly due to heart dysfunction.

Smoking or chewing tobacco also causes bad breath, yellow teeth, mouth sores, and wrinkles on your face.

What Happens When You Stop Using Tobacco?

When you stop using tobacco, you will feel better within minutes and the benefits will last for days, weeks, and years - as long as you don't pick up the habit again.

For example, when you stop using tobacco, within: ...20 minutes, your heart rate and blood pressure will return to normal and your feet

- and hands will get warmer and pinker;
- ...8 hours, the oxygen level in your blood will return to normal, your nerve endings will start to regrow, you will feel a tingling sensation in your skin and
- your senses of smell and taste will improve;
- ...3 days, your lung capacity will increase;
- ...3 months, your circulation will improve, you will breathe better, you will be able to climb stairs more easily, and almost all the nicotine will be gone from your body;
- ...9 months, your energy level will increase, you will have less shortness of breath, and your lungs will be better able to fight infection;
- ...5 years, your risk for

lung cancer and heart disease will decrease.

If you are thinking of quitting.....

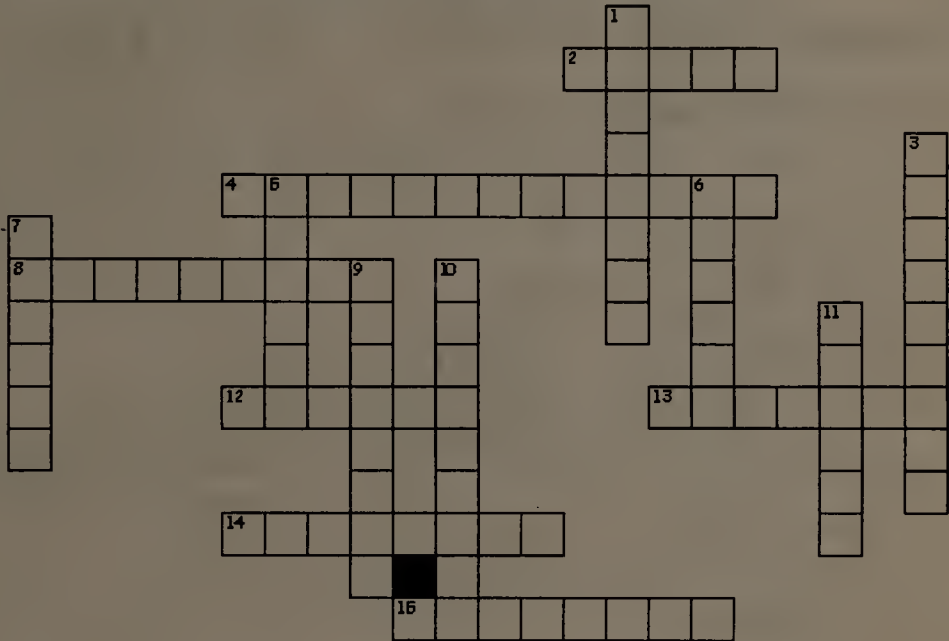
If you are thinking of quitting, the first thing you should do is talk to your doctor. Smoking is a habit; it affects your body and your mind. Also, nicotine is a very addictive chemical and you may need medication to help you stop smoking. In fact, the U.S. Department of Health and Human Services recommends that doctors prescribe appropriate medications to help their patients stop smoking. Think of smoking as a disease, and quitting as a process, like treating any chronic illness. Just as some people take pills for diabetes or high blood pressure, medications to help people stop using tobacco can greatly improve the chances of successful quitting. There are two types of medications that have been proven in clinical trials to be helpful in getting people to quit: nicotine replacement therapies (NRT) and bupropion. In fact, using medications to help you quit smoking or chewing tobacco can more than double your chances of successfully quitting the tobacco habit.

Nicotine Replacement Therapies (NRT)

These medications contain nicotine and thus help your body overcome the addiction to nicotine. Many people wonder if they will become addicted to the medication - that is, that they are just substituting one addiction for another. The important difference between smoking and using NRT is that with NRT the delivery of nicotine into the blood stream is more controlled and less variable. You control the amount of nicotine you put into your body; this way, over weeks and months, you can wean yourself off nicotine. Another crucial difference is that the more you use NRT, the less you will use tobacco, and the fewer poisons you will put into your body. NRT contains only nicotine - and not any of the toxins in tobacco and cigarette smoke. Overall, it is much better to use NRT, even long term, than it is to continue to smoke or chew tobacco.

There are six different products available: the patch, gum, lozenge, sublingual tablet, puffer, and nasal spray. The gum,

Health Crossword Puzzle



- Across
- 2. Many diseases such as AIDS and SARS are caused by these genetic codes 許多疾病，如愛滋與熱斯，都是由這些基因密碼引起的
 - 4. A serious mental illness 一種嚴重的精神病
 - 8. Vehicle used to transport patients 運送病人的交通工具
 - 12. The earliest stage of animal life 動物生命的雛形
 - 13. Cough and running nose are ____ of a cold 咳嗽和流鼻水是感冒的 ____
 - 14. "Hypertension" refers to high blood... “Hypertension”指的是高血...
 - 15. Only for people over 65 年過六十五才有的福利
- Down
- 1. Sweet urine! 甜甜的尿
 - 3. A neurological disorder often seen in elders 於年老者中常見的神經疾病
 - 5. Male contraception 男性避孕器
 - 6. Damage done to body 身體的傷害
 - 7. Disease in which cells won't stop growing 細胞無限制地生長的疾病
 - 9. Want to lose weight? Do this! 想減肥就作...
 - 10. After this a woman cannot be pregnant anymore 女人過了這個時期便無法生育
 - 11. Disease of the airway 氣管的疾病
- Answers at bottom of page.

Medicare Update: Prescription Drugs


Starting January 1, 2006, Medicare Part D -- prescription drug coverage -- will be available to all people with Medicare. Joining Medicare Part D is voluntary.

- * Since it is an insurance plan, you need to pay a monthly premium of about \$35, an annual deductible fee of \$250, and out-of-pocket prescription drug expenses of \$3,600. Then Medicare will pay 95% of the prescription drug cost.
- * You can join a Medicare prescription drug plan between November 15, 2005 and May 15, 2006.
- * Low-income and low-asset Medicare beneficiaries can apply to get extra help for the cost of paying the premiums, deductible and co-payments. The Social Security office will send out application forms to low-income applicants starting the end of May 2005.
- * For Medicare beneficiaries who have Medicaid with prescription drug coverage, their prescription drug benefit will automatically be transferred to Medicare Part D. They will receive a letter from the Center for Medicare and Medicaid Services about this change.

—Wendy Wong, Health Insurance Counseling Service Director of the Greater Boston Chinese Golden Age Center.

medicines will only work if they are taken the right way for the right reasons.

Catherine Milch is an assistant professor of medicine at Tufts University School of Medicine and chair of the Tobacco Cessation Initiative at Tufts-New England Medical Center.



Greater Boston Chinese Golden Age Center
an exciting community that works

Deputy Director/Human Services

(Job Code: M231-SP)
SEARCH RE-OPENED
Experienced creative mgr: sought to work w/senior leadership team overseeing array of human service programs serving children, youth, seniors and homeless, and providing recreation, adult basic education and workforce development prgms. Lead dept. and community-wide collaborations. BA plus 5 yrs.; exp. req'd.; Knowledge of community and advanced degree pref'd. \$77,000-\$89,382 (+ 4.25% July 1) w/benefits. Closing Date: 5:00pm on 6/16/05.

Division Head/Youth Programs

(Job Code: M699-SP)
Visionary leader sought for Youth Programs serving 9-19 years old through 5 youth centers. Develop high-quality programs and oversee 14 full-time and more than 50 part-time staff. Lead revitalization of teen programming. BA req'd; MA pref'd. \$65,315-\$73,398 (+4.25% July 1) w/benefits. Closing Date: 5:00pm on 6/15/05.

North Cambridge Senior Center Director

(Job Code: M482-SP)
Administer operations of Sr. Center incl. managing bldg. facility, staff and budget. Develop, implement, and oversee programs. Foster center that welcomes seniors from diverse backgrounds. BA plus 1 yr. exp. w/kg. w/ seniors. 2 years' supv. exp. & basic computer skills req'd. \$37,459-\$44,479 (+ 4.25% July 1) w/benefits. Closing Date: 5:00 pm on 06/08/05.

Inclusion Specialist

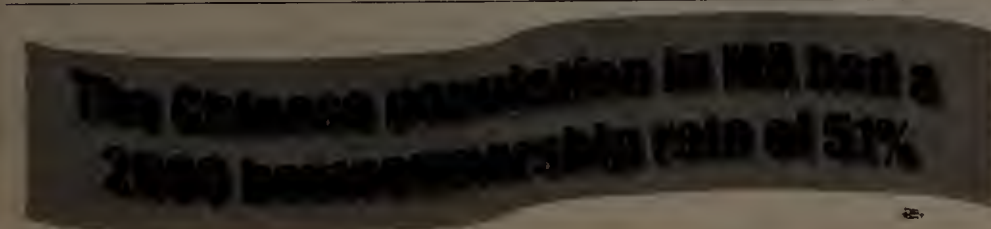
(Job Code: M435-SP)
Department of Human Service Programs (DHSP) is expanding its ability to serve children of all abilities in Out of School Time (OST) programs. Inclusion Specialist will support staff in adapting and modifying OST programs to accommodate individual needs and will model and coach inclusionary practices. Minimum Requirements: BA or higher in Sp.Ed. w/ 3 years' exp. in field; Mass License (certification) preferred; Generic consulting, moderate and/or intensive Special Needs. Experience in OST programs desirable. 35 hours per week, 12 mos. \$40,578-\$49,893 (+4.25% July1) w/benefits. Closing Date: 5:00pm on 6/16/05.

Substitute Teachers, Childcare & Family Support Svs.

(Job Code: X980-SP)
Substitute teaching, as needed, plan & implement enrichment lessons, assist teachers & perform general classroom tasks. High School Diploma/ GED req'd. Must be a team player w/strong commitment to children in a diverse population. Varied hrs. Mon-Fri year-round according to need. Rates start at \$12.19 per hour. Closing Date: Open Until Filled.

For detailed information on how to apply for these positions and others, please visit our website www.cambridgema.gov and click on 'Jobs.' We are an AA/EEO Employer.

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Answers	
Across	
2. Virus	病毒
4. Schizophrenia	精神分裂症
8. Ambulance	救護車
12. Embryo	胚胎
13. Symptom	疾狀
14. Pressure	壓力
15. Medicare	聯邦醫療保險
Down	
1. Diabetes	糖尿病
3. Alzheimer	艾森海默症
5. Condom	保險套
6. Injury	受傷
7. Cancer	癌症
9. Exercise	運動
10. Menopause	更年期
11. Asthma	氣喘

Protect Your Child from Window Falls

By Erin Christiansen

When the hot weather arrives this summer, people in Boston will prop their windows wide open. With small children in the home, an open window can be dangerous. Kids will explore everywhere imaginable -- climbing on furniture and taking things apart. Every year, children playing near unprotected windows are hurt from serious falls. Just last summer in Boston, three children fell from windows over the course of three days in early July.

One Step Ahead

As parents and caregivers, we can protect our children from window falls. The best way to prevent all kinds of injury to children is to keep an eye on them. Supervision is important, and sometimes a babysitter or an older sibling does not recognize the possible danger of an open window. Caregivers should be aware that falls from windows and other heights cause the most serious types of injury to children, most often head and neck injuries. Improving the safety of the

home by securing the windows can prevent these tragedies.

Safety Tips

1. Lock all unopened doors and windows.
2. Move chairs, cribs, beds and anything a child can climb away from windows.
3. Open windows from the top if possible.
4. Install window safety guards

What are window safety guards?

Window safety guards are aluminum or steel bars with four-inch spacing that are installed in the bottom half of a window. They are designed to withstand 150 pounds of pressure -- you won't find a young child who is stronger than that! There are two kinds of window guards: those that are permanently installed and those that have a hidden release feature which allows escape in the case of an emergency. Every room should have one emergency or fire escape window that is not covered by a permanent safety device.

Who needs window

By Bryan Fong

The Centers for Disease Control reported a 38% increase in the rate of AIDS diagnoses among Asian and Pacific Islanders from 1998 to 2002. AIDS stands for Acquired Immune Deficiency Syndrome. It is caused by the Human

Immunodeficiency Virus (HIV), for which there is no cure. Over a period of several years, the virus weakens the body's immune system. A person has AIDS when his or her body's immune system is so weak that it cannot fight off infections and diseases that a healthy person's immune system could easily deal with. HIV is spread through bodily fluids, including blood, semen, vaginal secretions

guards?

Window guards are recommended for windows on the second story and above, or on any floor that is 12 feet above ground. Homes with children under age 7 should install guards. Remember that window screens are designed to keep bugs out but are not strong enough to stop a child from falling.

and breast milk. Sharing needles (injection drugs) and having sex without a condom are two common ways that HIV is spread. According to Dr. Marianne Yoshioka, author of "Disclosure of HIV Status: Cultural Issues of Asian Patients," one of the most difficult things about being diagnosed with HIV is informing one's family and friends. Breaking the news to the family can be made even more difficult for Asians due to the values of traditional Asian culture. In a recent study based on 16 HIV-positive Asian men, it has been found that there are three core issues that make it difficult for Asians to discuss their HIV status with family. These issues include protection of family from shame, protection of family from obligation to help,

and avoidance of communication regarding personal information. Asian Americans also found it difficult to discuss their diagnosis with family overseas due to the limited access to HIV information available in foreign countries. In situations where family members do not read or speak English, the lack of translated informational brochures also made communication difficult. Dr. Yoshioka also reported that gay men seek emotional support from friends instead of family members. This trend has been found to be true among gay Asian men as well. Gay Asian men would only consider informing their family as a last resort, or if their health status made it impossible to hide their illness.

Encouraging communi-

cation with family and friends when it comes to difficult topics such as HIV will increase awareness and open-mindedness. Being able to talk about HIV will make it easier for people with the disease to get support and also serve to protect those who are uninfected by giving them the information they need to stay HIV free. It is important to keep in mind that HIV does not only infect people in same-gender relationships. Anybody can be infected with the virus, and it is up to the individual to take steps to protect themselves. For more information contact Massachusetts Asian and Pacific Islanders for Health at (800) 479-7251 or visit their website at <http://www.altrue.net/site/maapp/>.

Keeping Kids Healthy

FROM PAGE 8

ents once tried to get my brother and me to eat liver, saying it was "steak." After taking one bite out of the strangely pasty substance, I knew right away that it was not, indeed, steak.

There are a lot of simple things that you and your child can do to make a healthier lifestyle fun and easy. As a parent or guardian, it is your responsibility to be an active role model. If your kids see you smoking, eating unhealthy foods, and leading a sedentary lifestyle, chances are that they will follow suit. Take advantage of the nice weather by going on a bike ride or roller-blading with the kids. If you have a busy work schedule, you can sign your child up for rock climbing, swimming lessons, sports leagues, or for special youth-fitness programs.

Getting your child to eat fruits and vegetables can be harder than fitting a square peg through a round hole. If your kids like spaghetti, try using a food processor to puree vegetables like carrots and add them to the sauce. If you make sandwiches for your kids' lunches, add vegetables like shredded

carrots, lettuce, and tomato. A blender can be a parent's best friend. Help your kids make smoothies and let them add nonfat vanilla yogurt, blueberries, strawberries, bananas, mangoes, and crushed ice. This will give them a chance to be creative and it's a fun and easy way for them to get their vitamins. Most kids love to experiment with food and you'll be surprised by how many of them like to cook.

Try to teach your kids to stop eating when they are full. If they can't finish their food, try not to tell them about "starving kids out in a Third World country." Instead, save the food for a later time when they're hungry again or serve smaller portions to them. Making them finish everything on their plates will get them into the bad habit of overeating when they become adults. Usually it will take several times for kids to accept a new food until they begin to like it. Set a good example for your child by trying new foods together and regularly. Instead of using salt and sugar, use herbs and spices like curry, garlic or cinnamon to enhance the flavor of dishes.

Companies are also coming out with new

ways to combine video games with exercise to create a fun and interactive experience. "Dance Dance Revolution," which has been around for a few years, is a game that works with most game consoles and includes a dance pad. The player tries to mimic the beat and dance pattern at varying speeds as they appear on the screen. One company, Cateye, makes "Game Bike," which connects to any video game system and allows the user to use a bike as a controller for over 70 different games. I've seen Game Bike available online for around \$349. This may be the answer to get that video-game addict in your house to exercise!

Remember that the key to get your child to lead a healthier lifestyle is to make it fun, keep it simple, make it a family affair, and take advantage of the right resources for support and information. The habits that they form now will be carried over to adulthood, hopefully leading to a healthier future and resulting in a reversal in the trend in obesity.

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A Pain in the Back! How to Avoid it

By Barbara Chang

About 31 million Americans have low back pain at any given time. One third of all Americans over age 18 had a back problem in the past five years that was severe enough that they sought professional help. And the annual cost of this care is estimated to be a staggering \$50 billion - and that's just for the more easily-identified costs! Back pain is a result of a combination of factors. By understanding the causes of low back pain, we can take a more active role in treating it.

Common reasons for low back pain

1. Bad posture and poor alignment: Any posture which compromises the natural curvature and muscular balance of the spine places strain and tension on the supporting muscles and ligaments, weakening them for a period of time. Without proper support, the joint and vertebrae are forced to carry more weight than they are able to carry, leading to premature spinal degeneration and pain.

2. Degenerative wear and tear: Like every part of our body, the spine also undergoes a natural aging process, and inappropriate alignment and use of the spine can speed up the degenerative process. Osteophytes (bony outgrowths or protusions), arthritis, osteoporosis, disc aging and certain joint damage are some of the effects of aging which can cause low back pain.

3. Bulging or herniated disc: A bulging or herniated disc can cause severe back pain, but only a small percentage of back pain can be contributed to this condition and only if the bulging or herniated disc is pinching the nerve.

4. Traumatic back injuries: Car accidents, industrial accidents, and sports injuries cause most traumatic back injuries.

5. Overexertion: If we ignore the subtle signals our back gives us (such as a twinge or muscle spasm here and there) and continue to move furniture around or sit at the computer for another few hours until we strain a muscle or squeeze a disc, then the pain will put us flat on our back.

6. Emotional and psychological stress: Stress causes muscles to contract. If the stress lasts for a long period of time, chronic muscle contraction will stop the circulation of blood and oxygen and lead to pain and atrophy in the muscle or misalignment of the joints.

7. Abnormal structures: Such as scoliosis, spina bifida (fusion of one or more of the vertebrae) or spondylolisthesis (forward movement of one or more vertebrae in the lower spine) can cause low back pain occasionally.

Whatever the cause, low back pain can be debilitating. Visiting a doctor or chiropractor can help. Taking good care of your spine and seeking proper treatment when you have pain will keep low back pain away and keep your spine strong and flexible.

Barbara Chang is a licensed chiropractor who is fluent in Mandarin and Taiwanese. Ann Doggett, who also contributed to this story, is a licensed chiropractor and nutritionist and the owner of South Bay Chiropractic in North Quincy.

Buckle Up

By Barbara Chang

Automobile accidents result in about 40,000 deaths in the United States each year. They are also the number-one cause of death in people between ages of 18 and 35. Not surprisingly, half of these deaths can be prevented by wearing seat belts.

Despite the obvious importance of seat belts, many drivers refuse to wear them. All too often, this results in deaths. Even if they escape death, drivers and passengers usually suffer debilitating injuries. Put it another way, wearing seat belts is a life-or-death decision. It can prevent many unnecessary deaths. Even in a minor accident, not wearing a seat belt may result in severe spinal cord injuries, such as whiplash, vertebral fracture, and herniated disc.

If you are one of those who refuse to or often forget to wear seat belts, consider the following:

> In case of an accident, your chance of death if thrown out of the car window because of not wearing a seat belt is four times greater than that of someone who wears one.

> 80% of fatal automobile accidents occurs within 25

miles of victims' homes and have an average collision speed of 40 miles per hour.

> If your car catches fire or falls off the road into water, wearing a seat belt prevents you from being knocked unconscious, thus giving you the opportunity to escape.

Most fatal car accidents happen within 25 miles of victims' homes.

> Even if you are an excellent driver, you should still be wary of other less-than-stellar drivers around you.

> Many people think that airbags will save their life more than seat belts will. That is wrong. Although airbags are critical for frontal collisions, most do a very inadequate job in side collisions.

Chang is a licensed chiropractor who is fluent in Mandarin and Taiwanese.

ASIAN AMERICAN STATS IN MA

The Asian American population in Massachusetts increased by 68% since 1990. It is the fastest growing racial/ethnic group in the United States.

2000 median home value for Asian owners: \$225,600

60% of Asian owned homes valued at \$200,000 or more.

2000 median home value for white owners: \$190,800

46% of white owned homes valued at \$200,000 or more.

-2000 U.S. Census

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香煙和菸草與毒藥大同小

異。菸草裡殘留有超過四千種不同的化學物質，其中至少有六十種已被證明為可以導致症。菸草也殘留有尼古丁，它是一種可在血液裡循環的化學物質以它可以影響到腦，肺，心臟，血管，和神經。吸食尼古丁非常容易上癮，就像海洛英一樣。這就是為什麼戒煙對剛開始抽煙的人或想戒煙的人如此的困難。

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如果你抽煙，你的壽命，平

均上，會比沒抽煙的人少上七年。你身體供應氧氣給器官與組織的能力會減少。患罹肺癌，口腔癌，與喉嚨癌的可能性會增加。患罹肺氣腫(emphysema)與慢性氣管病的可能性會增加。患罹心臟病或死於心臟衰竭的可能性會增加。抽煙或嚼菸草也造成口臭，黃齒，口酸，以及皺紋。

停止吸食菸草後的結果是什麼？當你停止吸食菸草，在幾分鐘內你將會感覺暢快舒服多。不吸煙的利益將會持久好幾天，好幾個禮拜，甚至好幾年，只要你不開始這個壞習慣。舉個例子來說：

二十分鐘內，你的心跳和血

壓將會回到正常。你的腳和手會變得更暖和，更鮮紅；八小時內，你血液氧氣數值會回到正常。你的神經末端也會重新生長，你將會感覺到麻刺感，你的嗅覺與味覺都會變好；三天內，你的肺活量會增加；三個月內，你的血液循環會有所進

展；你會呼吸得比較好，你可以更輕易的爬樓梯。幾乎所有的尼古丁將會從你的身體中消失；九個月內，你的精神狀態會進展，你會體驗更少的呼吸困難，你的肺對感染疾病也更會有抵抗力。五年內，你患罹肺癌與心臟病的機會也會減少。

如果你有在考慮戒菸...

如果你想戒菸，第一件應該做的事是與你的醫生溝通抽

煙是一個習慣 因為它影響你的身體及心理尼古丁是一個非常仍容易上癮的物質所以你也許需要藥物來幫助戒菸。事實上，美國健康人道服務部建議醫生給予病人適當的藥物來幫助他們戒煙。抽煙就像疾病，而戒菸是一個過程，就像治療任何一種慢性病一樣。就像有些人可藉由藥物來治療糖尿病或高血壓一樣，抽煙上癮的人。(作者：Dr. Cathy Milch)

DAVID E. ROSENGARD, M.D., M.P.H., PhD, Medical Director

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本人給與最完善之醫療照顧，包括神經系統疾病與精神科疾病，服務華人與美國病患近五十三年。我們接受持有綠卡者及美國移民個案者。我們亦為沒有醫療保險人士及貧窮者特別考慮提供專業護理，你無須為貧困無法支付醫藥費而煩惱。本診所醫務人員能說華語。

紅藍卡(聯邦醫療保險 MEDICARE) D 部份

31 日
之 間

該部份於 2006 年 1 月 1 日開始實施，是在現有 A 部份(醫院保險)和 B 部份(醫療保險)基礎上增加 D 部份(處方藥物保險)。參加該部份完全自願。

參加資格：需擁有紅藍卡 A 或 B 部份。

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錄取期：2005 年 11 月 15 日至 2006 年 5 月 15 日。

如果在 2005 年 12 月 31 日前錄取，D 部份承保於 2006 年 1 月 1 日開始實施；

如果在 2005 年 12 月 31 日以後錄取，D 部份承保將於錄取後的月份的第一天開始。

2006 年 5 月 15 日後，可在每年 11 月 15 日至 12 月

錄取或更改計劃。

低收入及低財產者可獲取紅藍卡補助，無需支付月費，年扣除費及大部份自付費。社安部 (SSA) 將於 2005 年 5 月底開始發放 D 部份低收入申請表。

擁有紅藍卡並同時擁有包括處方藥物的白卡(麻州醫療補助)者不需申請，白卡上的處方藥物福利將自動轉至紅藍卡 D 部份。該類人士將收到紅藍卡有關變動的信。以上如有疑問，請聯絡中華耆英會各中心：君子樓：617-423-7560，康樂樓：617-542-7458

白禮頓樓：617-789-4289 或本會醫療保險諮詢服務：617-357-0226

(中華耆英會醫療保險諮詢服務主任黃彩虹供稿)



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2005 年 5 月

親愛的朋友：

J.S. Waterman & Sons - Waring (柯德文殯儀館) 家族和服務家族榮幸地宣佈，J.S. Waterman & Sons 殯儀館將遷址到更大、更現代的波士頓 Harborside 中心。

我們的新址位於 Commercial Street 560 號，由 TD Banknorth Garden (原 Fleet Center) 穿過 Greenway，或由 USS Constitution 穿過波士頓港即可到達，這也是一個多宗教、具有殘障人士通道的設施。新服務中心的設計特別要求滿足所有信仰和傳統需求，包括中國和基督教儀式。透過新的交通系統，您可以更便利地從所有周邊地區駕車，或乘地鐵（綠線）輕鬆抵達已完成擴建及修繕的波士頓 Harborside 中心。



華人製殮師
楊德超先生
Tak Chiu Joseph Yeung

創立 173 年以來，我們始終致力於為波士頓的家庭提供服務。從 1921 年起，我們一直使用 Kenmore 廣場的原址。時至今日，我們漸漸意識到原有的 J.S. Waterman & Sons 設施無法服務並滿足我們家族目前和未來的需要。空間和交通擁擠逐漸成為限制我們發展的嚴重問題。此次遷址後，我們將突破這些局限，繼續為波士頓的居民提供服務（新址將提供舒適的禮拜堂、服務人員和專用停車位）。

我們對我們無微不至的全方位支援服務傳統倍感自豪。正是這樣的優秀傳統，使 Waterman 和 Waring 家族和服務家族在殯儀服務產業中倍受推崇。我們保證，您將在波士頓 Harborside 中心得到符合您期望的貼心服務，新址將繼續提供目前 J.S. Waterman & Sons 提供的出色的服務安排。在波士頓 Harborside 中心，即使時間流逝，風俗變遷，我們為保持最高規格的服務所做出的努力將始終不變。



白堅禮先生
柯德文獎學金創辦人
Kenneth F. Bennett

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如有任何問題，請立即致電與我們聯繫，電話：617.536.4110。只要您需要，我們將隨時為您提供協助，以特別的敬意緬懷您的摯愛之人。

此致

Kenneth F. Bennett 白堅禮
Tak Chiu Joseph Yeung 楊德超

談腰痛

張玉珮醫師

根據調查,有 3100 萬的美國人患有腰痛。在超過 18%的美國人當中,有三分之一的人在過去的五年裏曾患有腰痛,尋求專業的幫助對於這些患者並不容易。另外,每年這一項醫療的費用估計達到驚人的 5000 萬美元,而且,這只是一個保守的估算!腰痛是一種由多種因素引起的綜合症。一旦瞭解腰痛的原因,我們便能更積極地去對付它了。

以下是引起腰痛的主要原因:

1. 不良的姿勢: 任何不自然的姿勢和脊骨的肌肉平衡會使支撐的肌肉和韌帶損傷和拉緊,久而久之就會使它們變弱。沒有適當的支撐,關節和椎弓就會被迫著承受它們所不能承受的重量,從而導致脊骨過早的衰老和疼痛。
2. 退化性磨損和撕裂: 就像我們身體的每一部分,脊骨也會老化。不適當的姿勢以

及脊骨的使用甚至能加速衰老的過程。骨贅病,關節炎,骨質疏鬆症,椎間盤老化和局部關節損傷都是老化的結果。這些老化都會引起腰痛。

3. 腰椎間盤突出: 雖然只有少數腰痛是由其引起的,假使壓到神經,腰椎間盤突出將引起劇烈的背痛。
4. 背部的受傷: 大多數的背部受傷極疼痛都是由交通事故,工業意外,運動受傷造成的。
5. 過度用力: 如果我們忽視了背部出現問題的信號(一陣一陣的刺痛或者肌肉的痙攣)並且繼續搬動傢俱或者連續坐在電腦前幾個小時,我們將損傷肌肉或擠傷軟骨層,接著便會感覺到背痛。
6. 精神壓力: 壓力使得肌肉收縮。如果持續

一段很長的時間,長期的肌肉收縮會阻礙血液和氧氣的巡迴,導致疼痛和肌肉的萎縮,甚至於關節的錯位。

7. 異常的結構: 例如脊骨側凸,脊骨骨裂或者脊椎前移會間接地引起腰痛。

無論何種原因,腰痛都會是使人衰弱的。指壓治療法會有幫助! 尋找適合的療法將能保護你的脊柱和治療疼痛,進而保持你脊骨的強壯和靈活。

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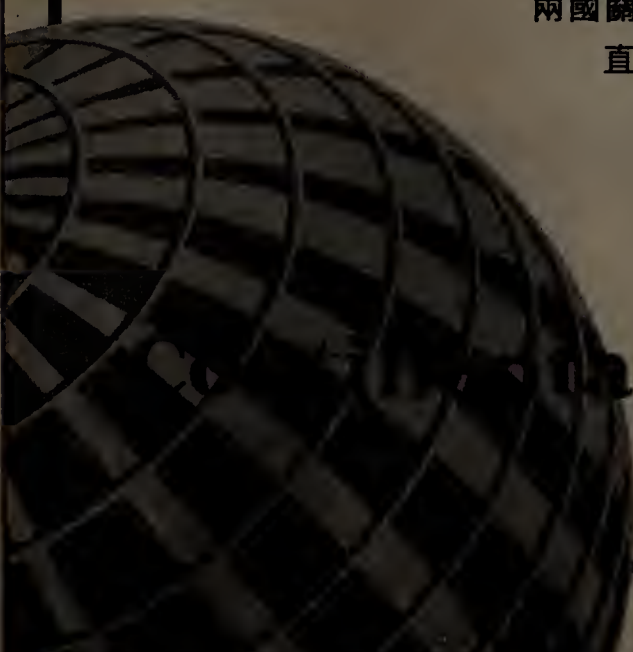


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Daniel A. Grabauskas
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麻州交通部 (Massachusetts Bay Transportation Authority 簡稱 MBTA) 麻州交通部針對銀線第三階段工程舉行兩場公聽會

五月十三日麻州交通部為銀線第三階段審核計劃建立文件檔。這個文件由環境事務辦公室及聯邦公共交通辦公室共同建檔。這個文件是州政府及聯邦聯合文件，意於自然及環境影響的審核方面同時按照州政府法律及聯邦法律而建檔。

這個文件偵測四個不同排列的環境、社區、運行及興建的影響。每一個排列皆與現時的銀線兩線相連接（一條延著華盛頓街 一條延著南波士頓濱海區）。

這份文件現在對外開放 以供民眾查閱及提供意見。兩場公聽會之會議記錄將被記載且將送交到環境事務辦公室及聯邦過渡辦公室。兩場公聽會的地點及時間為以下：

2005 年六月二十九日晚上六點半至八點半
The Boston Renaissance Charter School
250 Stuart Street (Park Square)

2005 年六月三十日下午兩點至四點
Emerson College
80 Boylston Street (The Little Building)
Emerson Conference Room -2nd Floor

會議提供便利殘障者設施。若需要聽障輔助及翻譯人員，請電 711 (Massachusetts Relay Service 麻州接力服務) 及 617-222-6950。需要此特別服務的人，必須在六月二十七日以前致電，以安排翻譯人員。會議現場提供中文翻譯，此項服務不需要額外要求。

對外開放的環境文件將放在波士頓公園廣場十號(10 Park Plaza)的交通大樓之交通圖書館、波士頓公共圖書館位於考柏力(Copley)的總館及 Dudley Square 分館。此外，文件副件及提供意見的方法皆可在麻州交通部網站上 www.allaboutsilverline.com 得到。請點選 Environmental Review 按鈕以顯示文件。

Wang YMCA of Chinatown 達到健康社區的目的

The Wang YMCA Community Agency Workers Membership Program is exclusively offered to employees of social service organizations. The program is designed to provide affordable memberships to individuals and their families. Our goal is to provide as much support as we can to the men and women who do so much for our Chinatown community. As a not-for-profit community service organization, the Wang YMCA is dedicated to meeting the health and social service needs of our community.

The Community Agency Workers Membership will make it possible for your employees to participate in great Y programs and facilities. The Wang YMCA will waive the \$100 joiner's fee as well as provide 20% reduction in membership fees. This special rate applies to monthly Electronic Fund Transfer and annual memberships only. There are no contracts required for our monthly EFT memberships.

The only information we request, is for your employees to provide documentation, verifying their employment with your agency. For example: I.D., business card, pay stub or a letter from your company on company letterhead.

We look forward to serving your employees. Please feel free to contact the Wang YMCA for any further information regarding this program. We here at the Wang YMCA would like to continue to build strong kids, strong families and strong communities – one person at a time!

With the Community Workers Membership we are able to provide affordable services to the hard-working men and women of your organization at an already reduced rate. Additional financial assistance is available through our Access program, based on income and family size. There is no income requirement for the Community Agency Workers Membership.

All Wang YMCA of Chinatown memberships are guaranteed. We are so confident that you will be satisfied with our facility, equipment, programs and service that, if within 30 days of joining you decide to cancel, we will refund 100% of what you have paid!

Wang YMCA of Chinatown
8 Oak Street
Boston, MA 02116
Contact Person: Sahar Moridi
617-426-2237 ext 227

王氏青年中心的社區機構工作者會員計劃(Community Agency Workers Membership Program)是特別針對社會服務組織的員工所設計。這個計劃提供給社會服務組織的員工及其家庭成員可負擔性的會員價格。我們的目標為支持為華埠社區辛勞工作的男女。

身為非牟利的社區服務機構，王氏青年中心致力提高社區民眾健康所需的服務。社區機構工作者會員計劃將盡可能幫助你的員工加入完善的青年中心之計劃。本中心將會為參加者減免\$100的費用及會員費八折優待。這個特別的優惠計劃只適用在電子基金轉換月費及會員年費。

我們需要你提供的資訊只是任何能證明欲加入這個優惠計劃的人是在你的機構裡工作，例如身份證明、工作名片、工資存條或印有信頭的公司信件。

我們期待能為你的員工服務。欲知此計劃的詳細內容，敬洽本中心。王氏青年中心願意繼續栽培更健康的孩童、家庭及社區——個別時間、個別服務。

社區機構工作者會員計劃讓我們能以特別優惠的價格，提供你單位中勤勞的員工可負擔性的服務享受。我們入會計劃中，有針對家庭收入及人口數設的額外財務補助。社區機構工作者會員計劃沒有最低收入的限制。

所有提供給華埠王氏青年中心之會員的服務品質皆有保障。我們有信心你會對王氏青年中心的設備、工作人員、計劃及服務項目感到滿意。否則，我們將在三十天的滿意保證期限內將你所支付的費用全數退還。

華埠王氏青年中心
8 Oak Street Boston, MA 02116
連絡人：Sahar Moridi
617-426-2237 內線 227

Hours of Operation

Monday - Friday: 5:00 a.m. - 10:00 p.m.
Saturday: 6:00 a.m. - 7:00 p.m.
Sunday: 9:00 a.m. - 5:00 p.m.



好好照顧孩子的健康

作者: Stephen Wong

據 2000 年的統計,麻州有將近百分之十五的兒童過胖?很明顯地,過去五年以來這個數目一直增加,而且短期之內似乎沒有減少的可能。究竟是什麼原因使這麼多的孩子們持續變胖呢?有人認為是近年來學校們對學測看得越來越重而降低學童上體育課的時間。有些人認為電動玩具使孩子們成天坐在電視機前完全不想運動。

美國國家衛生研究院(NIH)與麻州綜合醫院的研究顯示,許多 8 歲至 12 歲的兒童已患有原先被認為只有中年人才會得的二型糖尿病(type 2 diabetes)其他人則說飲食公司總在許多孩子看的電視頻道打垃圾食物的廣告,像 MTV 和 Cartoon Network 等(想一想:為什麼可口可樂是 American Idol 的主要贊助商之一呢?)不管是學校、電玩、還是垃圾食物,父母和家庭都必須分擔一部分的責任,因為他們最能督促孩子的作息與飲食習慣。假

使治療與控制不當,這些年幼患者比成人患者更迅速地發展出糖尿病的種種症狀,如視力喪失、高血壓以及多種心血管疾病。

大眾的不悅和專家的批評使大部分的飲食公司積極地推出低糖低脂的產品。學校們也開始重新調整學生午餐菜單與販賣機的產品,有的甚至不允許學生在校喝汽水?此外,社區健康中心以及 YMCA 利用政府與許多組織提供的經費成立創新的教育活動來提倡飲食與運動對孩童的重要。

如果你的孩子接近過胖的邊緣,該怎麼辦?我在工作上與兒童一起相處的七年來學到了許多能有效使他們遠離沙發和電視的好方法。首先,你必須了解孩子的想法與感覺,絕不可以讓他們覺得肥胖是一種恥辱。研究指出肥胖的孩子在學校往往感到疏離,這種感覺對他們的發育有極負面的影響。還有,即使飲食和運動的重要性對我們來說很明顯,對孩子們的作息與飲食習慣。假

別逼他們吃特定的食物或做運動?他們必須有意願,否則當你不在他們身邊時,小孩自然的叛逆性肯定會使他們大大地吃一番。那麼,要如何使孩子們有想過健康生活的意願呢?方法其實很多,但最重要的是,你一定要做個好榜樣。每星期找空餘時間與孩子們一塊兒到郊外去騎腳踏車、溜冰或丟丟飛盤。

飲食方面,要求孩子吃蔬菜水果是件很難的事,所以你要更有創意地將它們融入孩子的飲食中。舉例來說,如果孩子愛吃義大利麵,你可以用果汁機將煮過的蔬菜打碎,然後混入肉醬內。只要在果汁機中放些香蕉、草莓、藍莓、芒果、低脂優格和碎冰,便能作出營養豐富又美味可口的夏日冰品!你可以在 www.foodnetwork.com 找到更多有益健康的食譜。

除此之外,教孩子培養吃飽就停的習慣,千萬別用像"世界上有好多小孩沒飯吃"的話逼他們嚥下剩餘的飯菜!

(本文下期繼續)

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開放參觀日期:
6/4 12-3PM
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選擇類別包括通常及本地介定的優先條件。
另有其他限制。

申請表格及詳情可在下列地點索取:
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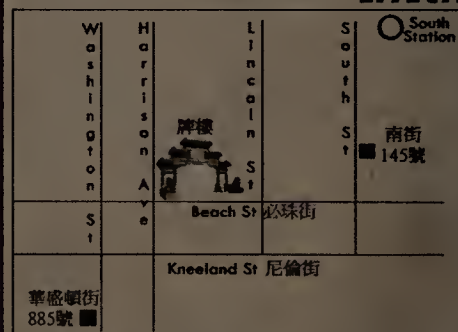
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社區簡訊

•由華埠主街主辦的「2005年亞洲風情美食展」(A Taste of Asia)，將於6月4日上午9時至下午5時，在必珠街、泰勒街與乞臣街等華埠主要街道熱鬧舉行，除各式亞洲美食攤位外，並有醫療資訊、商業資訊及社區非營利機構服務等介紹。

當天節目尚有舞龍、舞獅及各國民族舞蹈、武術表演，活動公開，主辦單位歡迎民眾前往參加。

•新英格蘭玉山科技協會將於6月4日(週六)下午1時30分至4時，假哈佛大學設計學院(48 Quincy Street, Cambridge)

109/111室舉行企業家系列講座之四「籌措資金的策略」，邀請在台灣、美國和大陸有多年投資經驗的企業家劉智平，分享在大陸創建企業的經驗。

即將在哈佛大學商學院及甘迺迪政府學院獲得雙學位的劉智平，在進入哈佛大學之前已有數年創投業經驗。對美國、台灣及大陸等地的投資現況有深入的瞭解。會上備有簡易茶點，會後可進行聯誼活動，有意參加者可電(617) 432-6465 李先生，或電郵 mjne@comcast.net 報名。

•摩頓亞太聯盟(MAPAC)將於6月4日(星期六)下午3時至6時，假 First

Parish of Malden, Universalist (2 Elm Street, Malden) 舉辦首屆摩頓「公義展覽會」(Justice Fair in Malden)，以「參與認識您的權利，用心引導您的行動」為主題，邀請波士頓市議員、麻州大學波士頓分校政治系教授及亞裔研究中心主任 Paul Watanabe，及麻州移民及難民權益同盟(MIRA)、三城市社區行動計畫(TriCity Community Action Program) 代表們主講，談論範圍包括選民、移民、入籍公民、反就業歧視聯邦法律、財經服務消費者、住客及業主、殘障、家暴或人口販賣受害者、受警方截查者等的權益問題。活動免費公開，查詢詳

情可電(781) 338-6931。

•海外香港華人民主人權促進會將於6月4日(星期六)晚間7時30分，在哈佛大學燕京圖書館舉行「六四燭光悼念會」，除了哀悼1989年天安門事件中的死傷者及向家屬致意外，知名民運人士郭羅基及徐文立將為當晚主講者。

活動免費公開，查詢電話(617) 628-6671。

•大波士頓區中華文化協會(GBCCA)將於6月4日(星期六)下午1時至4時，假 F. A. Day Middle School (21 Minot Pl., Newton) 舉行「文協社團年度才藝表演」(GBCCA Family Day)，各社團成員以表演所學的舞

蹈、民樂、民俗技藝同樂，活動免費公開。

•麻州佛教會將於本月4日(星期六)上午9時30分至11時30分，假普賢講堂(319 Lowell Street, Lexington) 舉辦「如何防患和治療美國亞裔的糖尿病」健康講座，由哈佛大學醫學院附屬加斯林糖尿病中心醫師徐千田、營養師張少慧營養師主講。

內容包括如何保養自己免于糖尿病、糖尿病患者如何以素食來控制病情。查詢可洽(781) 863-1936。

•第廿六屆波士頓香港龍舟節將於6月12日(星期日)舉行，地點在位於查理斯河畔哈佛大學附近、劍橋市 JFK 街及 Western 大

街之間的河邊。龍舟比賽將從上午9時開始，中午12時起至下午5時，文娛演出節目陸續登場，包括舞龍、京劇、武術、中國舞樂、日本擊鼓等。龍舟節活動免費參加，晴雨無阻。

•六月三日哈佛燕京禮堂中國論壇：「六四」後的中國波士頓論壇、大紀元時報繼首次承辦「中國論壇」後邀「常青藤」盟校中國協會，將於2005年6月3日(禮拜五)下午二至五時聯合承辦第二次「中國論壇」---「六四」後的中國。演講而受矚目的傑佛遜醫學院楊景端博士醫生這次將發表他的又一長期觀察和研究「民間運動 -- 法輪功」。

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探討華裔社區的反日風潮： 日本教科書簡化二次大戰的罪行 首相敬拜靖國神社遭華裔反感 學者：反日情節被中國政府利用為團結國內漸渙散民心的工具

今年四月起，中國大陸數個城市出現多個反日抗議活動，美國加州的華裔團體也共響此舉。中國內外反日活動不絕於耳。

根據新加州媒體(New California Media),三藩市的華裔脫口秀主持人姚大鈞 (Jay Stone Shih) 接到蜂擁而來的民眾電話，他們對日本教科書簡略對日軍在二次大戰期間所造成的南京大屠殺、強奸亞洲婦女等罪行之描述。

姚大鈞就反日風潮之主題下，收到許多民眾情緒憤慨的電話。姚大鈞將這個話題在三個星期分成四個節目進行。在接受新加州媒體記者 Rene P. Ciria-Cruz 訪問中姚大鈞表示，「這是我見過引起聽眾情緒最高昂的話題」。

加州洛杉磯的中華會館 (Chinese Consolidated Benevolent Association) 之建築物上掛了一大標語「抗議日本竄改歷史，反對日本成為聯合國常任理事國」。

華裔民衆對日本犯了大錯，卻不願承認過去感到不悅

雖然類似以上反日活動，在波士頓華裔社區較低調。然而，在本報隨機訪問的波士頓地區華裔民衆中，有人對日本充滿愁悵激昂的情緒，但也有人態度平靜理智。

今年四十歲，自中國大陸移民美國三年的王田 (化名) 表示，「大部份的中國人自二次世界大戰以來，就非常討厭日本人。日本在當時殺了好多中國人。但是他們卻在自己的歷史教科書中省略這些事實之描寫，下一代的日本人對他們上一代的人在中國所作的惡行並不清楚。我覺得日本人應該向中國人道歉。」王田表示自己甚少閱讀英文報紙，對時事的資訊多由中文媒體得來，「有報導中得知，中日關係近期非常不好，恐有再次開戰的可能。」

反日態度堅決的王田繼續，「我的父親經歷日本侵華戰爭的苦楚。」王繼續，「若是我的小孩長大後跟日裔約會，我會非常生氣。況且我知道日本人也

仇視中國人。」

移民自中國大陸、居住美國兩年，二十九歲的方義揚 (化名) 表示，「我對日本人『犯了大錯，卻不願承認過去』的行為非常不悅。但是我覺得中國人也沒有必要在這個話題上太過情緒化，否則會破壞中日之間的關係」。方繼續，「許多在波士頓就讀的中國留學生會關心及討論近期在各地的抗日活動。」假如波士頓地區有類似的活動，方表示，「我會加入反日抗議活動，但希望整個行動是理智和平的。」

在中國大陸出生長大、居住日本十年，移民美國兩年的黃珮表示，「我不認為多數的日本人仇視中國人。當然我也沒感覺到中國人仇視日本人。」三十幾歲的黃珮表示，「若在波士頓有抗議日本竄改教科書的活動，我也會參加。」

美國的謝政之表示，「日本沒有意識到二次世界大戰的真實歷史。若在波士頓有抗日活動，我會參加。」但是，謝政之認為中國政府允許各地抗日活動的發起有一個隱藏的意圖—轉移中國人民對國內問題的注意力。謝繼續，「中國政府非常害怕失去對人民的控制權，這種權力對一個共產及獨裁政權是非常重要的。」

對日本竄改教科書一事不屑的謝卻表示，「今日的中國政府所敘述的歷史也是謊言一堆。他們沒有向自己內地的中國人民說實話。日本政府及中國政府都必須正視他們真實的歷史—他們在歷史上作對那些、作錯那些。」

出生於美國之華裔移民家庭的李蘇 (Sue Lee) 表示，「出生於美國的華裔後代或日裔後代對抗日

當被問及六十年前日本侵略中國的看法時，哈佛大學東亞研究所教授茱利·高曼 (Merle Goldman) 表示，「許多中國人的祖父母，當年遭遇日本侵略家鄉的禍害。」

他們的家庭也會談論日本侵略的往事。這確實是中國歷史的一部份。」但對近期突有大規模之抗日活動四起，持特別看法的高曼教授表示，「這個抗日熱潮並沒有在過去的毛澤東時代、鄧小平時代及江澤民時代爆發。我認為當局的執政者有意利用這個抗日風潮團結國內逐漸渙散的民心。中國人民並沒有共同的意識形態，所以國家至上的沙文注意便是唯一能團結國民的東西。反日情節在中國人心

地聲勢壯大的抗日活動。」

中國政府所編纂的歷史教科書，對過去部份史實也含混而過

高曼指出中國政府在敘述日本侵略中國的歷史後，對自己本身的歷史卻多有埋藏之處。高曼表示，「中國政府所編纂的歷史教科書，對過去毛澤東政權及大躍進造成三千多萬人民死亡的史實也含混而過。」

高曼指出，國際人權大赦組織 (Amnesty International) 對各國違反人權的事跡調查中，包括對二次大戰史實敘述不全的日本違反人權事項只有區區數項。中國政府違反人權事項卻長長一大串包括不公地囚禁、處死、迫害，特別是在西藏地區的的鎮壓事件。再者，中國人民對過去二十五年

來，日本政府撥款數兆元借貸給中國政府作為興建開發之用卻不知道。

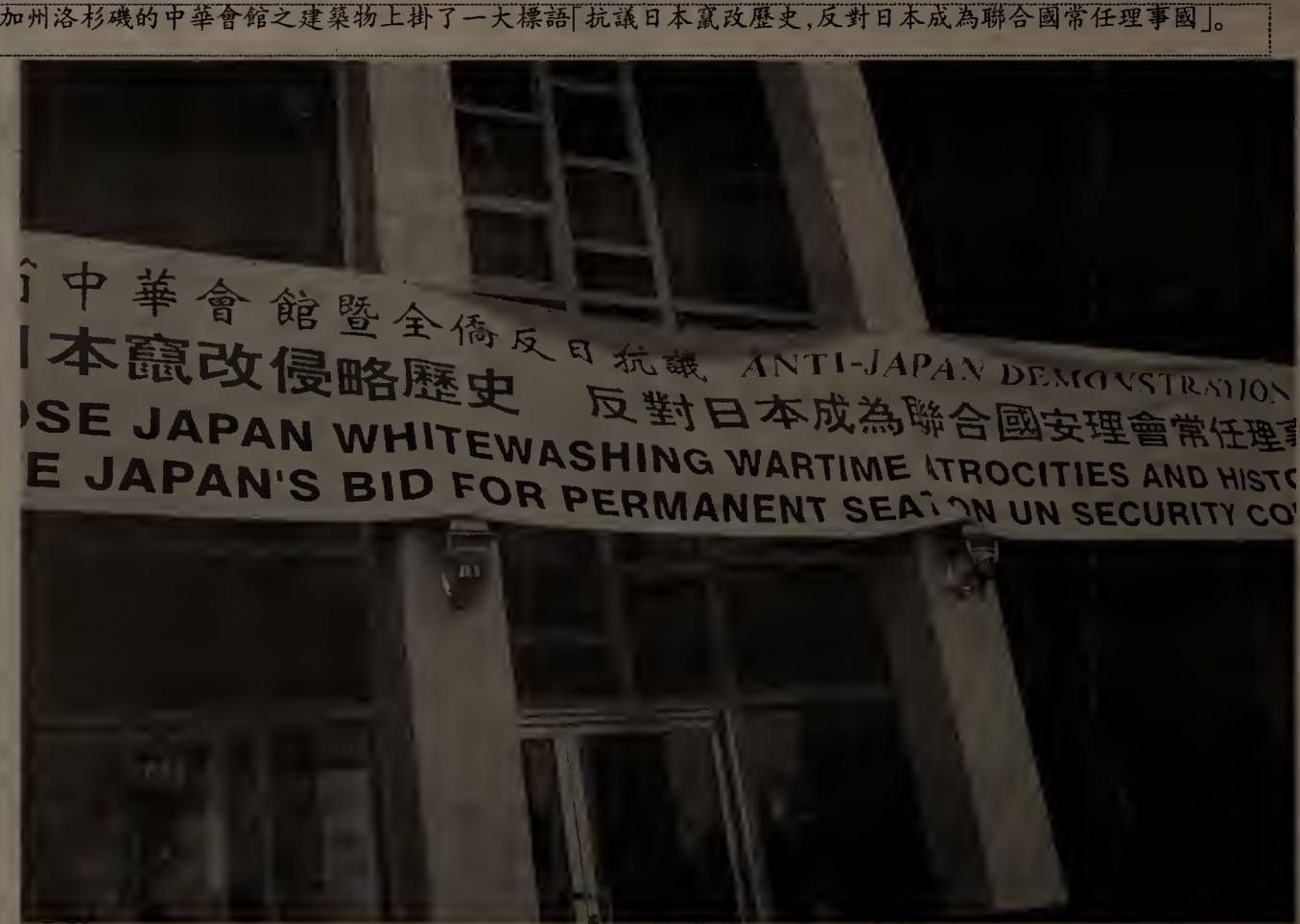
日裔表示日本同情中方者比中國人想像得多許多

日本首相小泉純一郎參拜靖國神社一事也遭中方反對。波士頓日裔協會主任 Peter Grilli 表示，「小泉純一郎日前到靖國神社敬拜不是為了激怒中國人民。雖然他知道此舉很有可能也遭中國人民不悅，但到靖國神社敬拜也是日本右翼份子對首相的冀望。」

Grilli 表示，「較公平的說法應該是：日本沒有適當地承認他們在二十世紀初期對中國及其他亞洲國家的虧欠。道歉一事真的托到不能再托了，日本才公開執行道歉聲明。中國人及亞洲其他國家人民的憤怒是可以理解的。」

但站在日本人的立場，Grilli 有許多不能釋懷的地方，「事實上，許多日本人對 1930 年代及 1940 年代日本發起戰爭一事剖有罪惡感，他們也認為這是日本人在過去所犯下的是可怕行徑。但是中國人到現在還不斷利用過去來打擊日本。」

Grilli 認為民眾對中日兩國情節的議題上被媒體誤導很多，「許多在美國的人認為所有日本人都是右翼份子，所有日本人都對中國人反日情節不滿。事實上，我有許多日本朋友非常同情中國人的處境，並且覺得日本人應該對六十多年前的戰行深深向中國人道歉。但是媒體竟都只報導日本部份的右翼人士反對道歉一事。」 (原文：史亞當，翻譯：張孟筠)



黃珮繼續，「我對日本沒有敵視的態度，但我希望他們的子孫能瞭解歷史的真相。」

黃珮表示，「我有許多日本朋友，我們的友誼關係非常良好。當我居住在日本時，不曾遇到歧視中國人的日本人。」黃珮繼續，「我在日本所遇到的人中大部份都對二次世界大戰中日本對中國人的惡行感到抱歉。只有一小部份的人同意日本在二次世界大戰中的侵略作為。」

今年五十七歲，出生在澳門，於 1980 年代移民

一話題較冷靜。我瞭解為什麼日本對二次大戰的道歉聲明不被中國人民理會，借給中國政府用於建設的大額款項不被中國人民所知道一事感到挫折。

當然，我也瞭解為什麼中國人民對日本教科書中對二次大戰日軍惡行的輕描淡寫十分不悅。但如今兩國人民因應理智地瞭解雙方，放眼未來」。

學者專家：反日情節是中國政府團結國內民心的工具

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波士頓市長曼寧諾與市府耆英局局長 Eliza Greenberg, 六月一日中午假華埠帝苑大酒樓舉辦「飲茶點心」午餐聯誼大會, 宴請華裔耆老。中華耆英會成員及波士頓地區華裔長者居民有 450 人與市長共進午餐。

曼寧諾親自到各桌與耆英握手致意, 他在致歡迎詞時表示, 華埠近 20 年來變化巨大, 以前的華埠區域狹小, 如今面積不斷擴展, 而且商業繁榮。

中華總會會長陳毓禮致詞時表示, 「曼寧諾自 1994 年當選市長以來, 對華埠的建設事蹟、關心華埠經濟繁榮, 以及任用三位華人擔任部和局長高職。市府曾提供 15 萬元裝修象徵華埠的牌坊, 月前並以四萬元為該牌坊加裝照明設備, 美化了華埠市容夜景。另外, 前年華埠商業為「非典型肺炎」(SARS) 謠言重創, 生意一落千丈, 曼寧諾親自率領市府高層官員、邀約中外媒體同行, 到華埠餐館用餐、到超市購物等, 以實際行動為

華埠闢謠。」曼寧諾在會中頒發獎狀表揚帝苑大酒樓老闆黃官羨和華埠居民會主席余仕昂長期對社區的貢獻。曼寧諾表示, 帝苑酒樓一帶地區, 將以黃官羨的英文名「David Wong」命名。

黃官羨表示, 帝苑酒樓地段, 以前不屬於華埠, 自購買原為戲院的現址改裝為餐館後, 華埠面積已延伸到華盛頓街。



波士頓市長曼寧諾(後右二)於午餐聯誼大會與部份與會者合影

中華耆英會周年聯歡籌款餐會熱情舉行 會中頒發感謝獎狀給前老人局長 Joyce Williams

中華耆英會五月二十五日晚間假華埠龍鳳大酒樓舉行周年聯歡籌款餐會, 約四百名中外來賓熱情出席。在拍賣籌款活動中, 來賓踴躍出價競標, 每樣拍賣品得標價格, 均超過最低價。

該會董事長梅炳鈿致詞感謝僑社、銀行和商戶 32 年來的支持。他指出, 該會成立以來, 一直盡心力向政府申請爭取老人福利, 並且擴大服務。

該會行政主任梅伍銀寬代表該會頒發感謝獎狀給波

士頓市政府前任老人局長 Joyce Williams, 感謝表揚她任內對該會的支持。

駐波士頓台北經濟文化辦事處秘書黃韋仁代表處長楊國棟出席, 他致詞時讚揚該會長期服務社區, 照顧老人生活和起居飲食等的成果。市議長傅萊爾提(Michael Flaherty)致詞, 肯定對該會照顧老人、安定社會的貢獻。

該聯歡籌款宴會深受注目的拍賣活動, 獲得來賓熱烈迴響, 熱烈競標, 投標價節節上升。拍賣項目包括梅國治攝

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5. 知己知彼——同理心交流的原則: 知己知彼。知己需要勇氣, 知彼需要仁慈心; 主動了解對方, 也尋求被人瞭解, 是有效人際交流原則。
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波士頓元極舞聯誼會於5月24日假波士頓僑教中心舉行成立大會，該中心主任歐宏偉、紐英崙中華公所主席陳仕維、嶺南藝文苑苑長張金泉等出席致賀，情況熱烈，氣氛溫馨。

成立大會典禮，首先由該會三十多名學員合跳迎賓舞--元極舞第五集「春滿人間」，展開序幕，優美的運動旋律，獲得來賓熱烈贊揚掌聲。

該會創會長薛劍童致詞時，說明元極舞聯誼會的基礎，是成立三年以來的僑教中心的元極舞班，他在成立會中闡明成立元極舞聯誼會的意義，他指出每年五月分最後的一個星期日是全球「元極日」、以及配合五月分美國的「亞太裔傳統月」。他闡明元極舞聯誼會的目標，是將中華傳統體育健康運動，向僑社大眾介紹，讓大家認識元極舞運動，對健康的優點，既可健身，又可娛樂的運動，提倡運動是我們的宗旨。他強調成立元極舞聯誼會的目的，是聯絡紐英崙地區愛好元極舞的朋友，共同推廣和切磋。

他介紹元極舞是一項健身體操運動，它是將健身、娛樂、舞蹈、和音樂巧妙地結合在一起。

一般人聽到元極「舞」，以為是一種舞蹈，特別是男士們，望之卻步，事實上，元極舞是一種剛柔並濟的運動，動靜相兼，它具

波士頓元極舞聯誼會成立大會熱烈溫馨 舞藝巧妙地結合健身、娛樂、舞蹈和音樂

協調柔和、與武功剛毅的特質。練元極舞有時看似行雲流水般的通暢，有時又如排山倒海般的氣勢。他鼓勵男士們來一齊運動健身。

僑教中心主任歐宏偉致賀詞，表示目睹元極舞學員自開始到今天，續漸擴大。欣見學員每週定期來學習。他贊揚該元極舞組織、和三年來的成功表現，和經常參與社區活動。他說明該中心為提供僑胞多元化服務，還有電腦班等。

紐英崙中華公所主席陳仕維致賀詞，他欣見僑社多了一新力軍。他盛贊看到一群服裝整齊，又動又跳，精神沛然的元極舞朋友，充滿活力。他指出目前華埠治安欠佳，自組治安巡邏隊實施以來，為華埠治安帶來了轉機。他鼓勵元極舞朋友以練舞的精神和活力，參加華埠治安巡邏隊，共襄義舉。

僑領陳毓璇講述陪同太太一齊學習元極舞心得，真情畢露，贏得大家認

同。他說閱讀「元極處事原則」中有一項：「開心的事、看場合說」，今天看到大家精力充沛，身體健康，十分開心，他鼓勵大家攜同子

(圖：波士頓元極舞聯誼會於5月24日舉行成立大會，全體學員與來賓合照。)

女來一齊運動；他也要鼓舞太太，欲想身材好，應重返學習行列。

副會長蘇瑞珍致謝詞，感謝各界三年來的支

持，和同學們的努力學習，期勉勵大家每日練習。她特別感謝該中心歐主任在歷年來的支持。她以「元極處事原則」中的「如果對我

有不滿意的地方，請一定要對我說」共勉。

波士頓元極舞聯誼會第一屆職員名單：會長薛劍童、副會長蘇瑞珍、中文書記李潔瑜、英文書記黃錦卿、總務林醒貞、會計胡碧珍、核數李美秀、戴康樂、康樂周美桃、黃?超、公關雷麗英。

成立大會提供網站消息：www.google.com 輸入「元極舞」，就有許多元極舞資訊。

該會上課時間：逢星期二上午10時至中午12時，目前課程係自元極舞第一集「金蓮初開」至第六集「康福操」。課程方面：定於本(六)月7日開始，星期二增開新課程第七集「元極浴武」。並計劃於本月中苟於週末增開設新班，歡迎初學人士參加。



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本期為舢舨醫療保健專刊

華埠治安捐款達 37910 元 黃國威籲民衆加入治安巡邏義工團隊

中華公所華埠治安小組之「聘請深入巡邏警察」費用的款項，自五月三日至五月三十一日，共募捐到三萬七千九百一十元。其中並未包 (治安巡邏義工團長黃國威) 括：華經會同意捐出的三千元，及波士頓安良工商會研討之捐款在內。黃國威表示，「六月四日亞州風情的華埠大型活動中，會向各大商號宣傳有關贊助捐款的事項。」

至於為何要付費給深入巡邏的員警，黃國威向舢舨記者表示，「市政府的

一般員警有特定的巡邏時刻表及巡邏路線圖。但是華埠下午四點半至晚上十點半是治安問題較多的時候，市政府所派遣的巡邏隊不敷使用。

聘請深入巡邏警察，華埠便可要求這些警察在指定的時間及地點加強巡邏。」黃國威並邀請社區人士共同加入維護治安的行列，「你若能在一個星期中能有一天在抽出一至不等的小時數幫忙巡邏，請歡迎加入治安巡邏義工團隊，將對華埠治安的改善幫助很大。」(張孟筠)

